

You Can't be... on the food question. You have to decide between mere palate-foods that contain no nutriment and foods that repair the bodily waste.



Made in Canada.

ANTIQUES

The mirror has claims to antiquity perhaps as remote as any other article of utility of every day need. With an introduction into history coeval with that of the mosaic law there is no need for further research to establish these claims.

Perpetuity of the mirror was secure in nature's own resources, its placid waters and its shining gems, but man's inventiveness removed what limitations there were to its conveniences and gave in polished metals and glittering glass tangible mediums of beauty and utility.

Two centuries later Archimedes succeeded in "harnessing the sun" with his "burning mirror," an implement of war said to have been used with devastating effect upon the machines and military engines of the Roman general, Marcellus, when the siege of Syracuse was in operation.

A message from Rome, dated April 1st, 1913, reported the discovery in the harbor of Syracuse, of what is believed to be "the burning mirror of Archimedes."

The needle of the compass does not always point directly north. It is subject to daily and yearly variations, as well as those which require correction to complete the needle's movement.

ROBERT JUNOR 62 King St. East HAMILTON, ONT. IMPORTS CHINAWARE POTTERY GLASSWARE FROM THE BEST EUROPEAN MANUFACTORIES. ANTIQUES IN EARLY PERIOD FURNITURE, OLD SILVER, RUGS, CURIOS, ETC. Inspection and Correspondence Invited.



The Housekeeper

A bit of vaseline will remove milk-dew or stains from any kind of leather. To make perfect tea, remember - good tea, boiling water and a hot teapot.

Smooth out and keep all the tissue paper that comes into the house. Tissue paper can be used to great advantage in padding out sleeves and bodices of all sorts.

New stockings should always be washed before being worn. Vinegar and honey mixed in equal parts is a great relief for a cough.

Nutmegs will grate more satisfactorily if started from the bottom end. Medicine stains can be removed from linen with strong ammonia.

When the top of the stove is red hot, the oven is not hot. To drive away mice, scatter gum camphor around their haunts. Soak clothes that are badly stained by perspiration in strong salt water, before washing and stains will come out easily.

CROSS FRETFUL BABIES

The cross fretful baby is a sickly baby—the well child is always happy and smiling. Mothers of your baby are cross and cry a great deal something is wrong.

Pearls as Medicine.

Scotland still produces pearls, found mainly in the fresh water mussel. They could no doubt be found in England if the industry were profitable.

GOOD FOR CHILDREN

Mothers! Physicians agree that flavor and the body building elements of granola lie in the dark parts usually thrown away. So also do the lime salts which your child needs to harden bones and teeth.

Soup Without a Spoon.

Soup without a spoon seems even harder to negotiate than meat without a fork, and we can sympathize with the complaint recorded in the diary of Felix Platter, a young Swiss, who went to Montpellier in 1552 in order to study medicine.

Judge Hard to Please.

A prisoner on his trial, in answer to the charge, pleaded "Not guilty." The jury found the charge proved, and in passing sentence the judge said, "You're not only guilty but you've come here and tell lies, saying you're not."

Improve Yourself.

If a man cannot improve himself, how can he improve others? When we see people men who should think of equalizing them. When we see evil characters, we should turn our look inward and examine ourselves.

The man who marries a woman for her money must expect to have it thrown up at him.

PAINS QUIT! BACK-SORENESS GOES! TORTUROUS LUMBAGO CURED BY "NERVILINE"

This Wonderful Curative Liment Has Almost Magical Powers.

You can compare a congestive pain to a little fire. When congestion smoulders, pain comes and goes. Congestion grows into inflammation, but pain, now intense, grows excruciating, and stays, too. There is an absolute antidote of pain—it is Nerviline.

The Secret of Baldness.

The actual condition of the scalp and of the hair has very much less to do with the health of the latter than is popularly supposed. The bulbs of the roots of the hair go down completely through the skin and into the fatty layer which lies between it and the skull, and the thing that to the expert eye is really significant of the prospect as to progress or cure in a particular case of baldness is not the condition of color or cleanliness of the scalp, but the thickness of the thinness of this fatty layer underlies it.

Mice That Subst on Scorpions.

Among the queer forms of animal life that inhabit Death Valley is a mouse that has acquired such a taste for scorpions that they form its entire bill of fare. The scorpion carries its formidable armament at the end of its slender, elongated abdomen in the shape of an exceedingly venomous stinging. When disturbed it elevates this in the air and goes in search of its disturber. But it is comparatively slow in its motions, while mice are proverbial for their quickness the world over. The mouse learned many generations ago where the scorpion carries its weapon, and when he meets it he leaps at the uplifted abdomen, takes the sting off at a single bite and proceeds to make a meal of his helpless prey.

WRINKLES ARE A CONFESSION

Advancing years are first realized by the change that becomes noticeable in the complexion. If you pay attention to the first, almost imperceptible, lines, how easy it is to avoid the unsightly wrinkles that surely follow. Wrinkles are a confession to Father Time that skin must be kept firm and smooth by proper attention and treatment.

Snowball Showers.

More than one explorer in cold climates has noted the curious phenomenon of a "snowball shower." The balls, it is true, are not very big, the average being about the size of a hen's egg, but they are true snowballs for all that—compressed globes of snow, not little lumps of ice or hail. A fall of the kind occurred in north London in March, 1859, and at the time it was observed that the balls seemed five times as dense and compressed as ordinary snow and in no way to be told from the usual handmade missiles.

Too Bold.

There is a local legend concerning Salisbury cathedral, in England. The cathedral is celebrated for its lofty spire, and the legend is that once upon a time a prisoner found guilty of some capital offence was sentenced to death and had the option given him of throwing himself from the top of the cathedral spire. He chose the latter, and wonderful to say, he escaped death. Some time afterward he wagged his tongue it again. He did, but this time his body was dashed to pieces.

A FINE DEPARTMENT.

"Got a good police department in this town?" "You bet we have." "Funny all these burglars that are working seem to be able to get away with it."

Irish Language.

The "natural language" of the Irishman is the Gaelic, the old Celtic tongue which is still spoken, to a certain extent in Ireland, Wales, the Highlands of Scotland and northern France, where the remnants of the Celts are still dwelling.

FOR PINK EYE. Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. Buy by the bottle or dozen. Sold by all druggists and turf goods houses, or sent, express paid, by the manufacturers. Booklet, "Disinfectant, Cause and Cure of Pink Eye." Chemists and Bacteriologists. Goshen, Ind., U.S.A.

COMBINATION COOKER and HEATER. The most efficient and economical stove made. Will burn coal, wood, coke, corn cobs or anything burnable. Fitted with Duplex Grate, Hot Blast Tube and Screw Dampers. Will hold fire over night, cook, boil and bake equal to the largest range. Has a fine oven of heavy steel sheets closely riveted together. Body of polished steel. If your dealer has not a sample for your inspection, send direct to HAMILTON STOVE & HEATER CO., LIMITED Successors to HAMILTON, ONT. THE GURNEY-TILDEN CO., Canada's Oldest Stove Makers

Franks of a Lightning Flash.

During a thunderstorm in Deal, England, Minnie Rogers seventeen years old, was walking along one of the small back streets of the town carrying a number of umbrellas, etc., when a vivid flash of lightning, evidently attracted by the steel frame of one of the umbrellas she was holding, ripped open her own umbrella, struck her and threw her violently to the ground.

Have a Good Complexion! The Flower of Good Health

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and above all keep the system regular. No aid to complexion compares with Dr. Hamilton's Pills. They tone and enrich the blood, clear the system of waste products, promote good digestion, and, in short, establish sound health, which, after all, is the keynote to all happiness and well-being. Don't delay; the charm of a lovely complexion and all the blessings of health are yours, once you employ this old-time family remedy. All dealers sell Hamilton's Pills in 25c boxes.

The Music of Thunder.

The bass of thunder is considerably lower than the lowest sound produced in an orchestra—below the zero of music, we call it, at which all positive apprehension of musical sound ceases and our senses are merely conscious of a roar. In observing the music of thunder our attention, however, may be most profitably directed to the expression rather than to the notes. The musical diminuendo is more perfectly represented by thunder than by any other form of sound in nature. After the first claps are over the ear will pursue with pleasure the rolling away and gradual fainting of the peal until at an immeasurable distance it sinks into silence.

Bleeding by Bowshot.

That all diseases can be cured by bleeding is still firmly believed by several savage tribes and especially by the Arabian negroes. When one of their physicians becomes convinced that it is necessary to bleed a patient he goes several feet in front of him, and then drawing his bow he fits a sharp pointed arrow into the vein which he desires to open. The arrow, it is said, invariably goes straight to the mark, and the thorn or splinter of glass which it is tipped with pierces the vein, which is then closed the work as successfully as a lance. Moreover, the patients never show the slightest fear, since they are convinced that from the moment the arrow has pierced their veins they will begin to recover.

TAUGHT BY THE KING.

A Lesson Given by Frederick William III. to His Steward.

King Frederick William III. of Prussia was a man of few words. Whatever he had to say was always brief and to the point, as the following anecdote from a foreign journal shows: The King, who was accustomed to interest himself in all the details of court management, ordered his steward to take special pains to see that all the carriages were properly supplied with food and drink whenever they left for a journey of a day or so, but it sometimes happened that the steward and dispatched the drivers without any food, giving them a coin, perhaps, to buy what they wanted. That usually meant that the driver went hungry, as he did not have much opportunity to leave his horses and dine at a restaurant.

The Nebular Hypothesis.

The nebular hypothesis assumes that the matter composing our sun and planets once existed as a vast gaseous nebula, spiral in form, having an inconceivably high temperature and slowly revolving on an axis passing through its centre of gravity. As the mass cooled by radiating heat into space a contraction of volume with accelerated axial rotation would ensue, in accordance with well-known dynamic principles. The centrifugal force thus rapidly increased would cause the separation of large masses which would, by mutual attraction of their own particles, gradually assume a spherical form and become planets. By a repetition of this process, planet after planet would be thrown off and the central glowing sun would remain.

The Time to Marry.

Hessey, the maid of color, had told the mistress she was to be married. "Well, Hessey," said the mistress, "I'm sorry to lose you, but I suppose it is all for the best. How long have you known the man?" "About two weeks, ma'am." "My! No longer than that? Don't you think you ought to wait and get to know him better?" "No, ma'am," exclaimed Hessey. "If I knowed him any better I shod' ever would marry him."

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HELP WANTED.

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.

AGENTS WANTED.

LADY OR YOUNG MAN TO COLLECT in their locality. Dominion Works, Toronto.

FOR SALE.

FOR SALE—FANCY PIGEONS AND flying homers; prices reasonable. J. J. Holton, 24 Caroline street south, Hamilton, Ont.

MISCELLANEOUS.

WANTED—GIRLS OF GOOD EDUCATION to train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

Moral Suasion and a Strap.

"She seems to have abandoned her moral suasion ideas relative to the training of children." "She has." "How did it happen?" "Well, I was largely instrumental in bringing about the change. You see, she has no children of her own, and I grew weary of her constant preaching and theorizing, so I loaned her our Willie." "Loaned her your boy?" "Precisely. She was to have him a week on her solemn promise to confine herself entirely to moral suasion." "Did she keep her promise?" "She did, but at the expiration of the week she came to me with tears in her eyes and pleaded for permission to whale him just once."

If Your Horse Could Talk He would tell you that he can do lots more work when the wagon wheels are greased with MICA AXLE GREASE. Mica Axle Grease fills the pores of the axle. Makes a perfect bearing surface. Reduces friction to a minimum. Dealers Everywhere The Imperial Oil Company Limited BRANCHES IN ALL CITIES

May Weddings.

In ancient Rome there was held in May a festival called the Lemuria, or feast of the Lemures, which was a ceremony in honor of the spirits or departed souls. It became with the Romans what we should call "bad form" to have matrimonial feasts at the session of a solemn ritual, being no doubt thought to be an insult to the dead to marry at such a time. From this a number of stories grew of the revenge made by the outraged ghosts upon those who dared to disregard them, and if anything unfortunate happened to a couple who had been married in May it would, of course, have been put down totribution. So the repugnance to May weddings arose, and its influence has lasted ever since, even to our time.—Exchange.

A WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural enlargements, sense of falling or misplacement of internal organs, 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 entirely free and postpaid, also references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by this method. Write to-day. Address: Mrs. M. Summers, Box 4, Windsor Ont.

Minnie Rogers seventeen years old, was walking along one of the small back streets of the town carrying a number of umbrellas, etc., when a vivid flash of lightning, evidently attracted by the steel frame of one of the umbrellas she was holding, ripped open her own umbrella, struck her and threw her violently to the ground. There was only one man in the street at the time, and he assisted her to rise. Strangely enough, when she had gone so she found that all her clothes, umbrella and cap were perfectly dry, whereas before she had been drenched for the rain poured down in torrents. Her description of her feelings was: "I just felt as though my head had been stung by a wasp there was a stinging noise in my ears, and I seemed to see a bright light, like the sun, shining through my umbrella." With the exception of her hair being slightly singed, she sustained no injury.—Strand Magazine.