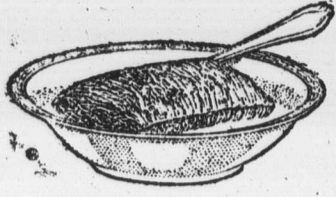


You Can't be... on the food question. You have to decide between mere palate-foods that contain no nutriment and foods that repair the bodily waste.



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.

An empty baking powder can makes an excellent nut chopper. 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.

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

Cleopatra was not the only person who swallowed a dissolved pearl. Until comparatively recently pearls were used medicinally in the west and still appear in the materia medica of China.

Two brands of entire meal is a scientifically balanced ration made from several entire grains. It's delicious, easily prepared in a variety of ways and nourishes better than meat.

Scup 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 come here and tell her, saying you're not."

Improve Yourself. If a man cannot improve himself, how can he improve others? When we see people men we should think of ourselves. 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 Liniment Has Almost Magical Powers. You can compare a congestive pain to a little fire. When congestion smoulders, pain comes and goes.

The Secret of Baldness. The actual condition of the scalp and with the health of the scalp and the hair is very much less to do with the health of the scalp than is popularly supposed.

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.

WHAT A MAN READS. It is a Big Factor in Determining His Course of Life. A certain low form of aquatic animal life anchors itself to a rock and feeds on whatever the current brings.

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.

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.

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 spire.

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.

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" free.

2 IN 1 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.

HAMILTON STOVE & HEATER CO., LIMITED. Successors to 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.

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.

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.

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.

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.

The Time to Marry. Hesperay, the maid of color, had told the mistress she was to be married. "Well, Hesperay," 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?"

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

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."

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.

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.

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 fainting 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.

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ISSUE NO. 11, 1916

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.

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