A Boon to Humanity

Read the Following Letter re Sanol From Prof. Auguste Dereume

Altona, Man., July 7th, 1913.

To the Sanol Manufacturing Co., Ltd., 975 Main street, Winnipeg, Man.

Dear Sirs:—

These few lines are to add to my testimony in regard to the benefit derived from your SANOL; although still ailing from lumbago through the lack of proper care of myself I find SANOL a panacea not to equal it for instant relief from excesses of uric acid in the blood. The trouble with many of our people we do not give the treatment long enough a trial to make a cure, and sometimes people quit taking the medicine when they should continue taking it until all the symptons of pain in the loins, or rheumatic pains have left them.

I have recommended the SANOL to an old friend of mine who is about 70 years old, and who was troubled with his inability to pass water without experiencing excruciating pains. After having taken two bottles of SANOL he got relief; he then ordered a half dozen bottles from your Company, and I told him if he would continue he would get better altogether, which to my delight he does.

I have, certainly, no flattery to make, but it is my duty to report it to the sceptic public that do not believe in a scientific epoch-making panacea for kidney trouble.

May you live to manufacture SANOL, and help suffering humanity.

SANOL, positively cure for Gall Stones, Kidney and Bladder Troubles, Gravel, Rheumatic pains, and ailments of uric acid origin. Price $1.50.

SANOL'S ANTIDIABETES, only positive cure for Diabetes. Price $2.00.

All leading druggists.

JAP EMIGRANTS.

Barred From U. S., Are Flocking Elsewhere.

Although the emigration of Japanese to the United States has been practically stopped by what is known as the "gentlemen's agreement," the exodus of emigrants to South America is increasing. One of the principal causes of this is the establishment of the Brazilian Colonization Company by Baron Shibusawa and other prominent Japanese for the leasing of lands in Brazil. An agreement with the Brazilian Government provides for the settlement of 2,000 Japanese families in Brazil for the next four years, and a start has been made in sending these people across the Pacific. It is likely that rice cultivation will be the chief occupation.

The majority of the Japanese emigrants are in Hawaii and the United States, with South America and Canada next. There are 600 Japanese working in the rubber plantations in Malay Peninsula. Already there are 8,000 Japanese laborers in Brazil engaged in the cultivation of coffee, and about 1,000 in Peru in the cultivation of potatoes, 1,000 in Mexico in mining, and 2,000 in Australia. Official figures place the number of Japanese in the Philippine Islands at 3,000, chiefly engaged in the production of flax and potatoes, while there are 500 employed in phosphorus mining in the Island of Guam, which belongs to the United States.

BUY YOUR FRUIT

From the Grower Direct

Send your order at once and get the best. Satisfaction guaranteed.

Peaches No. 1 best varieties, 5 11-quart baskets for $5.00. All other small fruits to order. Plums, Pears, Peaches and Grapes a specialty. Write for information. Reference: Royal Bank, Winona, Ont. Money to accompany orders. All fruits delivered to the nearest Express Office free. V. R. & G. R. Carpenter, Winona, Ont.

Unconscious Child Humor.

Mamma," queried little Lola, "what becomes of all the yesterdays? Does God make them over into to-morrows?"

"Now, Henry," said the Sunday school teacher, "can you tell me what special act of favor God showed to Lot?"

"Yes, ma'am," replied little Henry Peck. "He turned his wife into a pillar of salt."

Small Johnny—Say, papa, how much am I worth?

Papa—You are worth a million dollars to me, my son.

Small Johnny—Well, would you mind advancing me a quarter on account?—Chicago News.

Minard's Liniment Cures Diptheria.

Lemon Cream Cake.

(By Caroline Coe).

Cream one-half cup sugar with butter the size of egg. Add three eggs, one at a time, beating mixture thoroughly as each is added. One-half cup of milk. One and one-half cups of flour sifted with one teaspoon of baking powder. Bake in three small layer pans.

Lemon Cream for Filling—Grated rind and squeeze juice of one lemon. One cup of granulated sugar mixed with one tablespoon of corn starch. Mix this thoroughly. One cup of water put over fire in double boiler or sauce pan. Set in hot water. Add lemon juice and grated rind. Stir corn starch and sugar slowly into the hot water. The slower you put it in the smoother the cream will be. Boil until thick and add one-half teaspoon of butter. All to cool. Spread on layers of cake and ice top.

THE VANISHING CATTLE.

(Buffalo Express)

Fresh beef exports have dropped from 255,000,000 pounds in 1903 to 7,000,000 pounds during the fiscal year which ended on June 30th. In the same ten-year period the exportation of beef cattle decreased in palue from $20,000,000 in 1902 to $1,000,000 in 1913. In 1903, 76,000,000 pounds of beef were exported, as against 7,000,000 in 1913. This decrease of exports is evidence of the diminishing home production. The ranges of the West are giving way to homesteads. Farmers in many sections of the East have stopped the practice of fattening cattle for slaughter. The demands have increased with the growth in population. Importation should be profitable once the tariff is removed.

Heroic built, though of terrestrial mold.—Milton.

AFRICAN FORESTRY

Progressive Policy of the Federal Government.

The report recently issued by the Chief Conservator of Forests in South Africa for the year ending on Dec. 31, 1911, is of considerable interest by way of comparison with what is being done along forestry lines in this country. For such a young union the progress made is remarkable, and considerable credit is due to the Forest Department for the efficiency already attained in administration and fire protection.

The area of the forest reserves in the Union of South Africa in December, 1911, was 1,790,550 acres. Besides this, there were also 42,587 acres reserved for growing railway ties, on which railway funds alone were expended, making a total reserved area of 1,842,137 acres. This area is divided into seven conservancies—roughly speaking, a conservancy to each province in the Union. Each conservancy, consisting usually of several reserves, is administered by a district forest officer and a technically trained assistant forester. Under them are chiefs of reserves, forest guards, rangers ,etc. The more important positions are all filled by technical foresters, usually highly trained men, who have completed their course in the Oxford School of Forestry and in Germany. This organization very closely resembles that of the Canadian Government forest reserves.

Under their supervision, forest surveys are being made for the demarcation of new reserves, and existing reserves are being protected from fire by burning or cutting fire belts around the reserves and by planting up their perimeters with trees of the less inflammable species. As a result of these precautions, there weer burned during the season of 1911 only seven hundred acres, or 0.04 per cent. of the total area.

On the reserves themselves improvement cuttings are being carried on under the direction of forest officials, for the removal of defective timber and weed trees, and these operations not only have much improved the species composition of the forests, but have proved financially justifiable as well.

Replanting is also being extensively carried on in the various reserves, the total a eraeplanted at the end of 1911 being 48,156 acres. Several species of exotics are being introduced, with considerable success. Nurseries are maintained and the seed and transplants of forest trees are sold to the public at cost. About six thousand dollars worth of seed was sold by the Department during the year, together with 2,906,402 seedlings, valued at over $42,500.—Department of the Interior, Forestry Branch.

For Women's Ailments

Dr. Martel's Female Pills have been the Standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.

WHEN SUGAR WAS RARE.

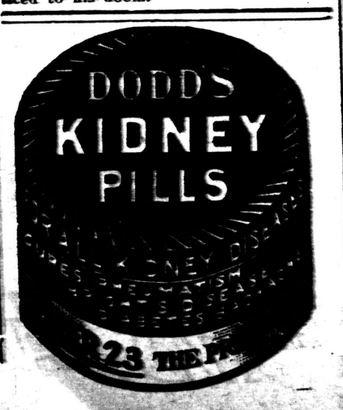
Once a Packet Was a Costly Present.

It is evident that, before the general use of sugar, the varieties of sweets, or candy, as we understand the term, must have been somewhat limited. Even when sugar became well known, its price—according to some authorities, equal to about $7.50 a pound of our money—must have made candy the luxury of the very wealthy. It is true, however, that there are in use to-day, though in different combinations, many of the ancient equivalents for sweets. The various delicacies "au miel et pistache" are only another form of the "honey and nuts or almonds" of which the earlier records tell us. It is also probable that the candied fruits of the present day differ only slightly from the melipekta and dulciaria of the Greeks and Romans.

When sugar came into general use sweets blossomed forth in a thousand varieties. Indeed, "thousand" is scarcely the word, if we are to take the word of the Spanish confectioner in Beaumont and Fletcher's play, who declared that he could "teach sugar to slip down your throat in a million ways." Other old dramatists give us here and there allusions to the taste for sweets that came in with the reign of Elizabeth.

One of the servants of the old Capulet begs his comrade to have him a piece of marchpane. There are not wanting authorities to assure us that the "pretty little tiny kickshaws" that Shallow, justice of the peace, bade to be brought into the arbor, were a recognized description of sweets. In other writers of the times we meet with constant references to "kissing comfits," and we learn that these were not, as the name might indicate, twisted up in colored paper and called "kisses," such as are still to be found in old-fashioned candy shops in our own country, but that they partook rather of the nature of our aromatic cachous. Even the "sweet potatoes," so affected by Falstaff, were not improbably more or less what we now call crystallized, and were eaten much as we eat preserved quinces and apricots.

A packet of sugar was at one time a costly present to make even to royalty. History tells us of the "comfit box" that the great Guise missed as he was enticed to his doom.



LIFE-SAVING RULES

Hints for Rescuers of the Drowning.

A person has to learn to swim by getting into the water and striking out. At the same time there are certain truths that the average man would not likely teach himself even if he spent much of his spare time in the water. An observance of these rules will not teach a man to swim, but they will teach a swimmer to save a non-swimmer who falls into the water, and they may teach him to save his own life when through an excess of intrepidity he finds himself in the clutch of somebody he is attempting to rescue.

Mere strength will not break the desperate grip that a terrified drowning man takes of anyone who ventures within his reach, and the fear that both the victim and the would-be rescuer will both be drowned has no doubt deterred many a competent swimmer from attempting a rescue.

It is scarce less important to know how to safely approach a drowning person than to know how to swim, says L. De B. Handley, a noted swimmer and life saver. Mr. Hanley says that the most important thing for a would-be rescuer to remember is that at the outset a few seconds lost is not important. Men have been restored after having been unler water and apparently drowned for a long time. He advises that time be taken for the rescuer to remove the outer clothing.

While this is being done, the rescuer should do his thinking, so that by the time he strikes the water he knows exactly what he is going to do. If the accident occurs in running water, and the drowning person is under the surface, the search should not be started below the spot where he has disappeared on the assumption that the body has drifted down. Start above the spot, and go down under water with the current, saving every ounce of strength.

On locating the victim, seize him by the hair or by the clothing at the back of the neck, or by the upper arm, and propel yourself to the surface with downward strokes of the free arm and leg drives. Do not run the risk of pushing from the bottom unless absolutely sure of a footing, for many swimmers have been drowned by sinking in the mud or by becoming entangled in the weeds. Once on the surface it requires little extra effort to tow an unconscious person to shore. The victim could be turned face upward as soon as possible.

If the person to be rescued retains his self-control it is a simple matter to take him ashore, and the proper method is for the exhausted one to place one or both hands on the shoulders of the swimmer, who will scarcely feel the weight. Another good method is to turn on the back, beneath the rescued one, and supporting him in the arms, swim to shore with the feet.

The subduing of a frantic struggler can be done with safety only from behind. He should be grasped by the wrist, and then swung round. One arm of the rescuer should then be thrown over his neck, and the forearm under his chin. In this position he cannot seize the swimmer with both arms, and his head is kept above water. With one arm the competent swimmer can easily make his way ashore.

Mr. Handley advises seizing a struggling person by the throat and shutting off his air, if he has obtained a grip on his rescuer. This will usually make him loose his hold. It is important to notice that while roughness may be necessary in order to break a drowning man's grip, once he is ashore he should be handled with the utmost gentleness. On no account should he be raised by the feet in order to let the water out of his mouth. This practice is almost certain to result in death or lasting injury.

Would Sell Her Dead Body.

Cincinnati.—A woman, plain but rather well dressed sat patiently for an hour in the receiving ward of the Cincinnati hospital, and when her turn finally came she startled the receiving clerk. Mr. Walsh, by stating that she wished to sell her body to buy fine clothes.

The woman said: "My name is Eleanor Muchmore, and I've come here to sell my body."

"You don't want us to kill you?" said the astonished clerk.

"Oh, no," replied Miss Muchmore, "but I want new clothes bodly, and I thought I might be able to sell my body to some doctor in this institution to be delivered after my natural death."

Miss Muchmore seemed greatly disappointed when it was explained to her that her proposition could not be entertained.

Minard's Liniment Cures Distemper.

Safety by Rail.

We are apt to be filled with wonder and admiration when we read the statistics of the records of the railroads of the United Kingdom in carrying in 1908 a total number of passengers amounting to 15,000,000 without killing one person. While the record for the States is much in excess of this, there is one system in the United States where this record is excelled, and that is in the New York Subways. During the eight years of its operation there have been transported 1,664,516,822 passengers without a single fatality due to train accident. This record is all the more remarkable when it is considered that 70 per cent. of these riders were carried on express trains, which during the latter part of that period were operated at from 40 to 50 miles per hour and under a headway of less than a minute and a half.

Concrete With Fine Polish.

Concrete slabs and brick are now being produced that are as fine in grain and structure as high-grade porcelain, showing an equally fine polish. The secret of the process, states Concrete and Constructional Engineering, consists in grinding the aggregates to as fine a powder as the cement. The mixtures, one cement to as high as 12 of aggregate, is then dampened just sufficient to pack well when pressed in the hand. It is then subjected to high pressure in strong iron moulds, up to 5,000 pounds per square inch. The best results are obtained in slabs or plates slightly under one inch thick.

GOOD BLOOD THE SECRET OF HEALTH

To be Healthy You Must Keep the Blood Rich, Red and Pure.

Dr. Williams' Pink Pills are useful in any disease caused by thin or impure blood, and the list of such diseases is astonishingly large. Anaemia literally means a condition in which the blood is thin and watery. In rheumatism the blood becomes thin more rapidly than in any other disease. After an attack of la grippe or acute fevers the blood is always thin and impure, and Dr. Williams' Pink Pills are the tonic to use during convalescece. When the blood is poor and thin the stomach suffers. The food ferments, gas and certain acids form and the trouble is pronounced indigestion or dyspepsia. The nerves receive from the blood all of their nourishment to keep up their energy and repair waste or damage. Some forms of paralysis are caused by thin blood. The progress of locomotor ataxia is stopped in many cases when the blood is made pure, rich and red. This is only a partial list of the troubles having their origin in impure, watery blood, and all can be cured by supplying the blood with its missing constituents.

This is exactly what Dr. Williams' Pink Pills do. Their chief mission is to make rich, red blood, and this good blood reaches every organ and every nerve in the human body, thus driving out disease and bringing renewed health and strength to thousands of weak, despondent people.

Ask your neighbors. There is not an inhabited corner in Canada where Dr. Williams' Pink Pills have not restored some sufferer, and all over this country there are grateful people who do not hesitate to say they owe health—in some cases life itself—to this great medicine. If you are ailing begin to cure yourself to-day by using Dr. Williams' Pink Pills.

Sold by all dealers in medicine or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

FARM FOR CITY MEN.

(Detroit Free Press)

On the outskirts of Pittsburg a novel experiment is about to be tried. An experimental truck farm is to be started where young and even older city men may learn agricultural science at a minimum of expense to enable them to either profitably utilized gardening spaces in the city or to go to the small farm districts beyond the immediate suburbs there to practice reducing living expenses by cultivating small tracts of ground. The experimental farm is to be established through co-operation of the City Industrial Development commission, the state department of agriculture and the governor of the state.

Many a city man knows his inability to cope with the agricultural problems because of lack of acquaintance with them. He wants to try, yet fears to venture. The Pittsburg idea will supply him with the knowledge which breeds courage. Moreover, such a demonstration farm will arouse many now indifferent to the opportunity for self-betterment, physically and financially, awaiting on the small truck farm. It will accelerate an economic movement which has been fanned to life by the high prices of food product, that of returning in some

Minard's Liniment Co., Limited.

Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN,

Schr. "Storke," St. Andre, Kamouraska.

PITY THE POSTMAN.

His Job is No Snap in Some Countries.

The camel postman in the Sahara hasn't any cinch—that is, if he has a family he's anxious to live for or happens to be leading a care free bachelor existence—for he needs all the nerve that he can possibly summon on every trip that he makes, for the wild tribes regard him as their particular prey, and he never does know when he starts out whether or not he is going to reach his destination.

Neither has the postman in some parts of Switzerland the easiest job in the world. In fact, in several places in that country it is considered just about the most dangerous profession that a man can enter.

You see some of the postoffices are situated at a height of 7,000 feet. There is even a letter box at the summit of Languard, which is nearly 10,000 feet above the sea level. Here all sorts of disastrous things have haopened to unfortunate carriers of mail. Three have been crushed to death by avalanches and a large number swooped odwn upon and were killed by snake bites and carried away by fierce eagles.

Then in India the postman always has to be on the lookout for snakes. It is claimed that within the last year 150 weer killed by snake bites and twenty-twenty-seven eaten by tigers.

Queer, isn't it, when in this country the business of being a postman seems about the most harmless and least dangerous of any a man could pick out?

In Siberia they have only two mail deliveries a year, while in the interior of China they have no regular delivery or regular postman.

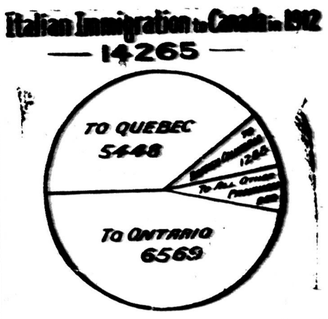
IMMIGRANTS IN CANADA FACES OF FOREIGN BIRTH

Facts of the Year 1912 Presented in Pictorial and Striking Form.

Every fourth person one meets in Canada has come to the Dominion within the past ten years. A tourist in the train or a visitor to any city from coast to coast, if he has his eyes open, is sure to be impressed with the number of faces he sees that plainly show foreign birth. This continent has become the great melting pot of the nations and the government reports show that representatives of ninety different nations settled in Canada in 1912. In that year the number who came from the British Isles was 145,859 and from the United States 140,143, the first time on record when the British immigrants outnumbered those from the United States.

Most people think that the immigration problem is a western one, with Winnipeg as the dividing line, last year one-half of those settling in Canada chose the Eastern provinces, Ontario capturing more than any other two.

The Italian immigration is practically all to Quebec and Ontario, but the 1,225 to British Columbia in 1912 are undoubtedly but the forerunner of a great tide that will reach the Pacific coast as soon as the Panama Canal is opened.



Steamship companies are already booking passengers for Western cities via the canal and are accepting payment for the tickets in installments. The Italian immigrants, especially the young men, are probably the most studious of any who come from the continent of Europe and most speedily lose their identity as a foreign people. No educational policy in any city or town in Canada is what it ought to be unless it includes night schools for work in English by young men and women, from whatever nation they come, whose children will be as much a part of the nation in a generation as any proud son of U. E. L. origin. Only in this way can they be made an asset instead of a problem.

Is Britain Tired of Canada?

We don't think so, but we are sure no man has any chance of curing corns unless he uses Putnam's Corn Extractor. It takes out root, stem and branch, cures painlessly in 24 hours. Use only Putnam's, 25c at all dealers.

Change in Map of Asia.

An important change in the map of Asia has recently occurred. The vast region of Mongolia has ceased to be a part of China, and is now independent. The Mongols are chiefly famous in the world's history as invaders and conquerors in Asia and Eastern Europe. They were vassals of the late Manchu dynasty, but not of the Chinese Government, and their separation from China resulted automatically fro mthe proclamation of a Republic. Their secession from China was aided by Russia, which thus secures a "buffer State" on its Chinese frontier.

NET.

—Or call it tulle.
—Both are ubiquitous.
—First comes the ruff.
—There are net chapeaux.
—And there are net stockings.
—Net neck fixings are a necessity.
—Some blouses are entirely of net.
—Net tunics are a feature in Paris.
—Net petticoats are dainty bits of wear.
—Corsets covers of net accompanying items.
—Of course there are dresses of all the dainty nets, too.
—Princess slips of net worn under chiffon slips supply part of the foundation for sheer dresses.

ISSUE NO. 32 1913

HELP WANTED.

WANTED — PROBATION NURSES, three-year course. Apply to Superintendent of Nurses, The Cooper Hospital, Camden, N. J., U. S. A.

AUTOMOBILES FOR SALE.

FOR SALE—REGAL 30, FIVE PASSENGER, good tires, AI running order, $350. Ford 1912, run 4,000 miles, five passenger, $600. Hupp 32 Touring, 1912 car, like new, $800. 1911 Ford Runabout, new paint, factory overhauled, $350. Above prices are net; cars ready to run any distance as test; cleaning up for new models. Loveridge, 122 Ouellette Ave., Windsor, Ont.

VARIATION IN TEST

Butter Fat in Milk Varies to Great Degree.

Frequent experiments have shown that one single test of a cow's milk is not reliable as an indication of what percentage of fat her milk normally contains. A great many well-known causes affect the test, also some causes that are unknown at present even by the closest students. This "variation in the test" is one of the puzzles of the cow's individuality, and because of these puzzling variations it is advisable to take composite samples at intervals so as to ascertain the average test.

Some recent painstaking investigations at one of the dairy research stations in England with seven cows for two days, even covering such details as a separate test of eleven successive pints, three times a day, from the four quarters of the udder, show that while the average test with the cows giving thirty pounds of milk per day was 3.6 per cent., the variation was all the way from only six-tenths to one per cent. up to nine and a-half per cent. of fat.

This is clear proof of how misleading one single test may be. If the real earning capacity of each individual cow is to be computed, it must be on the basis of her annual production of milk and fat, less the cost of feed; regular weighing and testing give that knowledge which every factory patron should have of each cow he keeps.—Dominion Department of Agriculture, Branch of the Dairy and Cold Storage Commissioner.

URIC ACID NEVER CAUSED RHEUMATISM

I WANT to prove it to your satisfaction. If you have Rheumatism, acute or chronic—no matter what your condition write to-day for my FREE BOOK on "RHEUMATISM—Its Cause and Cure." Thousands call it "The most wonderful book ever written." Don't send a stamp—It's ABSOLUTELY FREE.

JESSE A. CASE, Dept. 450, Brockton, Mass., U. S. A.

Milk for Invalids.

The use of milk and eggs as a diet and an aid in building up a patient is often a trial for the nurse.

Many patients will take milk slightly warm or even hot, and digest it readily, when cold milk causes distress. It is an excellent plan, says Health, to rinse the mouth with cold, cool or hot water, as preferred, before and after drinking milk. The taste left in the mouth of many persons after a drink of milk, especially a small quantity, often causes the patient to dislike it.

The secret of success in giving milk and eggs to those who would rather not take them is to prepare them in different ways. For a delicate stomach the white of an egg, well beaten, added to hot or cold milk, sweetened to taste, will often prove tempting, when even the sight of the yolk with milk is unpleasant. At a time a little of the yolk may be used, the white of the egg being added last, and not stirred into the milk, but left on the top of the glass for ornament.

Minard's Liniment Cures Colds, Etc.

A Passerby.

Whither, O splendid ship, thy white sails crowding,
Leaning across the bosom of the urgent West,
That fearest nor sea rising, nor sky clouding,
Whither away, fair rover, and what thy quest?
Ah! soon, when Winter has all our vales oppress'd,
When skies are cold and misty, and hail is hurling,
Wilt thou glide on the blue Pacific, or rest,
In a summer haven asleep, thy white sails furling,

I there before thee, in the country that well thou knowest,
Already arrived, am inhaling the odorous air;
I watch thee enter unerringly where thou goest,
And anchor queen of the strange shipping there,
They sail for awnings spread, thy masts bare;
Nor s aught from the foamng reef to the snow-capp'd grandest,
Peak, that is over the feathery palms, fore fair
Than thou, so upright, so stately and still thou standest.

And yet, O spendid ship, unhail'd and nameless,
I know not if, aiming a fancy, I rightly divine
That thou hast a purpose joyful, a courage blameless,
Thy port assured in a happier land than mine,
But for all I have given thee, beauty enough is thine,
As thou, aslant with trim tackle and shrouding,
From the proud nostril curve of a prow's line
In the offing scatterest foam, thy whitet sails crowding.

—Robert Bridges.

Minard's Liniment Cures Garget in Cows.

THE HAVEST MOON.

(Weekly Sun)

Over the low hills to the southeast a disc of burnished copper appears in the midst of broken fragments of dark clouds from which the last trace of the sun's golden touch has a few moments before disappeared. Slowly and majestically the glowing mass rises in the heavens changing as it rises from dull copper to shimmering silver. As it rises higher and yet higher hills and valleys are bathed in a dim white light. Roadside trees stand out like shadowy sentinels guarding the roadside while broad fields of ripening grain(stirred by the gentle night winds, move with the rhythm of the waves of the ocean. Over all is the silence, the rest and peace of the hours when Nature rests after the toil of the day.