Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous disorders.

50 Cents a Box, all Dealers, or Edmanson, Bates & Co., Limited, Toronto.

Dr. Chase's Nerve Food

DEGREES OF COOKING.

What is Meant by Rare, Medium and Well Done Meat.

Perhaps a word may be said about the degree of cooking, as indicated by the words rare, medium and well done, used in reference to the cooking of meat.

Some people interpret "rare" as meaning meat seared a little on the outside, but with the whole interior raw. This is far from a correct interpretation. The albumen should be coagulated, the fibres really cooked, but the juice may be yet red or pink. In "medium" there is still some pink left in the meat, though the red color has left the juice, while well done means no pink color in either juice or fibre, but not the stringy, overcooked, tasteless product so often served as "well done" meat.

The quantity and kind of meat used by any family depend upon its living habits, its appreciation of food values and the money available for food. The excessive use of meat means an unwise expenditure of money as well as an unnecessary tax upon the kidneys and liver, of it is a most important factor.—Woman's World.

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, dysentery 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.

Why He Got Up.

It was only about noonday, but the commuter yawned. He yawned heavily two or three times.

"Got up at 6 o'clock," he explained. "Had to catch my train. When my wife waked me I said to her: 'Six o'clock! The chickens haven't begun to crow yet, have they? Why must I get up before the chickens do, I'd like to know.'

"'I don't qnow,' she said, 'unless it's because you're no chicken.'"—New York Press.

Minard's Liniment Cures Distemper.

Force of Habit.

"Funny things happen, even on street cars," stated old Dad Bing. "Tuther day I got on one that was entirely empty, and at the next corner it stopped and let another gent on. He was a middle aged person with a far-away look in his eye, and instead of taking his choice of seats he grabbed a strap and hung there, swaying and flapping like a fresh caught fish.

"'I don't aim to be inquisitive, podner,' says I, 'but if it's a fair question why don't you set down?'

"'Why—why,' says he, 'I could do that, couldn't I? But, no, alas! It is too late to change the habits of a lifetime. I never saw an empty seat before!'

"So saying, he clung and swung clear downtown, and I went along just to look at him."—Kansas City Star.

Minard's Liniment Cures Colds, Etc.

Winding Puttees.

There are two kinds of puttees, the spiral and the straight. The former are cut in the shape of a half circle, and they fall in natural folds when wound round the calf. It is the straight military puttee which sometimes troubles the raw recruit, but its adjustment should present no difficulties if the following simple rule is carried out. In commencing to roll the cloth round the leg the end should be first placed against the one the inside of the foot. When the puttee has been twice wound round the legt it should be turned completely over. That is to say, the back of the cloth should be twisted round to the front. The cloth should then be wound in the ordinary way until the fifth turn is reached, when the puttee should be twisted as before. The effect of reversing the cloth at the third and fifth turn is to neatly fold the straight puttee round the calf without fear of it slipping when the wearer is running or marching.

The Largest Reptile.

The largest existent reptile is the man-eating salt water crocodile of southern Asia and Australia, which, when full grown, measures thirty feet in length from end of nose to tip of tail. One man makes hardly more than a mouthful for this fearsome creature.

TOUCH AND GO WITH DEATH

Foreman Fell Into Vat for Boiling the Raw Silk.

Fell On Bale and Floated Till Relieved.

A man who is now at the head of one of the largest establishments for dyeing silks in this country tells a story of a strange and thrilling adventure that he passed through when he was still only the superintendent of the "boiling room."

"Silk," he says, in telling the story, "has been the means of my living and once it saved my life. Have you ever been in a room where they boil the raw silk? It's a hot, steaming place, with great bubbling vats that are sunk to a level with the floor. The raw silk, in bales, all fluffy and sticky, comes in on rolling trucks, and is dumped into the vats. The mass has to be stirred about a good deal before it gets soaked through and goes under.

"Just before the noon hour one day a truck came in with two bales on it. "'Dump them into No. 6 vat,' I told the men. 'I'll stir them if you fellows want to go to dinner.'

"When they had gone I began to look around for the stirring fork. I couldn't find it anywhere. 'Confound Bill!' I said to myself. 'He loses everything.'

"I had hardly got the words out of my mouth when my foot went off the edge of the vat. I felt myself falling, and I was seized with the full conviction of death.

"I had time to think over just how terribly hot the boiling water would be and to wonder how much of me would be left when the men came back from dinner. Then I felt myself land flat on my back on the mass of floating silk.

"To this day I can see the very look of the old smoky roof as I lay on the island of silk with the boiling water on all sides. It was horribly hot there. The perspiration started out all over me, and I felt that I must move.

"First, however, I shouted as loudly as I could. When no one answered I cauticusly tried to turn on my side. The bale of fibre began slowly to roll over. Nearly paralyzed with terror, I threw out one arm. It was just enough change in balance. I felt the rolling motion stop. Then I knew it wouldn't do to move. I lay on my back, poised on the middle of the bale, and wailed for help. After a minute or two I began to realize that the silk was slowly sinking into the vat.

"You could hardly notice the motion. At first I could look out of the corner of my eyes and see the edge of vat No. 8. A little later, when I looked again, it was out of my line of vision. I couldn't move without having the bale roll over and if I remained still I would go down inch by inch into the scalding water below.

"I can remember that I became a little hysterical. It's funny what tricks the mind plays.

"'This is dyeing with a vengeance,' I said aloud, and I even laughed as I said it.

"It was growing hotter. Steam had begun to percolate through the silk, and I was wet through with the stifling clouds that rose from the surface of the water. I had no idea of time. By and by, however, some one answered my shouts. The door opened and two men came running across the room.

"Get a pole!" shouted one.

"I knew that would be fatal; the slightest push and I would roll over into the steaming stew.

"'Boys,' cried I, "don't touch me or it will be all over. One of you turn off the feed pipe.'

"I could hear the chug, chug of the steam being cut of from the vat. A moment later I could see the wet rim that broadened round the edges, and I knew the water was falling. It took half an hour to empty No. 6. For a while the two men ran round like excited June bugs. Then they got a rope and sat on the edge of the vat watching me with great staring eyes.

"As the water ran out the silk sank now on one side, now on the other. Could it start to roll. Both the men grunted and sat up very straight. Suddenly one of them cried out:

"'There's the bottom!'

"I felt the mass of silk settle against something. I heard the last water gulp as it ran out. Then I fainted away."—Youth's Companion.

An Awful Shock.

Once upon a time a man remembered that the day was the tenth anniversary of his wedding, and he brought home some flowers and candy to his wife and gave her a kiss. And it took eight doctors nine days to restore the poor woman from the effect of the shock.—Cincinnati Enquirer.

HAVE YOU A BAD SORE?

If so, remember these facts—Zam-Buk is by far the most widely used balm in Canada! Why has it become so popular? Because it heals sores, cures skin diseases, and does what is claimed for it. Why not let it heal *your* sore?

Remember that Zam-Buk is altogether different to the ordinary ointments. Most of these consist of animal fats. Zam-Buk contains no trace of any animal fat, or any mineral matter. It is absolutely herbal.

Remember that Zam-Buk is at the same time healing, soothing, and antiseptic. Kills poison instantly, and all harmful germs. It is suitable alike for recent injuries and diseases, and for chronic sores, ulcers, etc. Test how different and superior Zam-Buk really is. All druggists and stores at 50c. box. Use also Zam-Buk Soap. Relieves sunburn and prevents freckles. Best for baby's bath. 25c. tablet.

ICE CREAM BRICKS

Ice cream frozen in boxes—enough in each box to serve five or six—is a method of shipping that the City Dairy has developed until discriminating dealers everywhere have them on sale.

A pail of chopped ice and a little salt will enable you to serve Ice Cream at that picnic.

City Dairy

Look for the Sign

TORONTO.

We want an Agent in every town.

THE SPENDTHRIFT.

(Detroit Free Press)

The spendthrift assumes that in scattering the money and properties falling into his hands he is exerting some sort of an inalienable right to which he was born. "It's my money," he says, "it's nobody's business what I do with it." When the money is gone and the winter of age is come this same individual seems to think it another inalienable right to demand and to receive support from and at the expense of other, thriftier persons who are taxed to maintain refuges for broken down wastrels.

Long ago the principle was laid down that "no man liveth unto himself." This is true in respect of the disposal of the means which fall into the hands of each individual. It is a right of the thrifty that the spendthrift shall not impose on him the penalty of paying the costs of wastefulness.

A Tremendous Offering of Peaches to the Canadian Red Cross Society.

The Jordan Harbor Peach Ranch will commence Sept. 1 to pack and ship 100,000 gallon hospital size sanitary cans, each containing six and one-half to seven pounds of Superba brand peaches for distribution through the Canadian Red Cross Society to overseas hospitals in British Isles, France and Belgium.

This undertaking is of great magnitude, representing fifty car loads of fresh fruits and the employment of over two hundred men and women the peach season, packing daily 5,000 large hospital cans.

These peaches are peeled, pitted and halved, then packed in large hospital sanitary cans in heavy syrup, then crated, (six cans in each crate) to be forwarded to destination through the Canadian Red Cross Society. The total cost is fifty cents per can. This charge includes all expenses. These fruits are packed exclusively for the Canadian Red Cross Society and cannot be purchased by the general public as they are prepared and delivered to the Canadian Red Cross Society at actual cost.

By remitting 50 cents through the Canadian Red Cross Society or direct to the Jordan Harbor Peach Ranch, Jordan Station P.O., Ont., it ensures one of these large cans of beautiful Superba brand peaches going forward to our sick and wounded soldiers.

Don't delay in accepting this opportunity. These fruits are urgently needed and will be much appreciated by our gallant defenders.

All subscriptions will be duly acknowledged and should be completed by Sept. 1. Remit now.

Contributions are being received from all parts of Canada. Think of our sick and wounded defenders in overseas hospitals. It's up to you to "do your bit at once." What is your answer?

Squeaky Shoes.

The "squeak" in shoes is caused by the inside and outside soles rubbing together in walking. To overcome this disagreeable trouble make an opening at the edge of the inside of the shank of the shoe and work a screwdriver between the soles to the tips, thereby loosening the inner and outer soles. Then work in a little French chalk, soapstone or talcum powder through the opening. By bending the soles back and forth or slightly tapping the edges the powder will work itself between them. The opening can then be closed with one or two tacks, and the squeaking will be permanently stopped. Such an emergency repair is very much better than the soaking or oiling frequently resorted to and yet does no harm to the shoes, provided the job is done by a competent shoe repairer.—Technical World.

It is just as well not to let your left leg know that your right leg is being pulled.

The one occasion when a man will probably refuse to be paid back is when someone has borrowed his wife.

BIRD PROTECTION.

Few of Our Feathered Friends Injure Grain or Fruit.

With the increasing knowledge of the value of wild birds has come a demand for a larger measure of protection for them in their passage to and from Canada in their anual migrations as well as during their sojourn here. Numerous organizations are at work to this end, and some of our brightest minds are devoting their time and energies on behalf of the birds.

Farmers and fruit growers, almost as a unit, have come to recognize the value of birds as enemies of destructive insects. Careful investigations have shown that by far the greater number of our birds subsist on a diet of insects, and only on rare occasions do they attack fruit.

Still further education is required among the young, however, for the protection of birds and other nests. The Boy Scouts have been doing valued work in this direction.

BEARS' TERRIBLE COMBAT.

Fought to the Death in Cage in Edinburgh Park.

As the result of an unequal fight waged in the bear pit at the Scottish Zoological Park, Edinburgh, the smallest of the brown bears, a favorite among the juvenile visitors to the park, was killed.

Seven bears in all—five brown and two black—were accommodated in the pit, and the fight originated through the small brown bear grabbing a biscuit which a larger bear considered was intended for it. The beast attacked the smaller one with deadly fury.

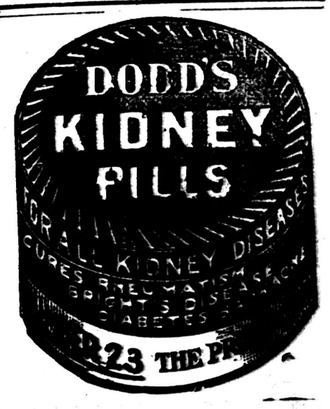
Some laborers hurled stones at the attacker, but the stones had little effect, and an attendant, who was hastily summoned, gamely went into the pit to the assistance of the overborne animal. He got hold of one of the large bear's hand legs, but was unable to pull the bear off its victim.

With a heavy club the keeper drove off the attacker, but only for a moment or two. The keeper also used a heavy whip until it broke.

In deadly grips the two bears rolled into the water, but the fight continued for some time, until the big bear was eventually beaten off. Badly mauled, the victim got into a cage, and its wounds were dressed and restoratives applied, but without avail, for the animal died later in the evening.

An examination of the carcass showed the terrible power in Bruin's claws. From the manner in which the big bear commenced to beg from the spectators immediately after the fight had ended, the unequal nature of the combat was evident, for he appeared to have suffered little hurt.

The supply of well-turned compliments is never equal to the demand.



THE CUNNING OF CROWS.

In India These Birds Have Been Labeled "Shreds of Satan."

Travelers in the orient have much to say about the Indian crow, a bird that for uncanny knowingness and prankish audacity has perhaps no equal. Corvus splendens—thus have ornithologists flatteringly labeled him. But a naturalist who knows the Indian crows at first hand has called them "shreds of Satan, cinders from Tartarus." To give the impish creatures their due, however, it should be said that life in India is not a little enlivened by their presence. A correspondent witnessed the following incident:

A small hawk had seized a little bird and perched on a leafless branch to devour its prey. The spectacle drew two crows to the spot. They hopped and flapped from branch to branch, noisily discussing the strategy of their intended raid.

Then one of them quietly slipped away through the surrounding foliage. At the same time his mate flew in front of the perching hawk and, hovering within a foot of his beak, maintained a bustling menace of snatching the titbit. That effectively compelled the attention of the hawk. His prey firmly grasped beneath his beet, he angrily hissed and lunged at the hovering nuisance. So lively was the skirmish that the human onlooker forgot the existence of the second crow. But now that wily bird reappeared some distance in the rear of his destined victim. With stealthy sidlings and short, noiseless flights, he drew near. Then he made a swift dash, seized the hawk's long, barred tail by the tip, hung on it with his full weight and toppled the luckless hawk in a complete somersault from the branch! The released titbit was instantly seized by the first crow, and the clever pair bore off their booty with much triumphant cawing.—Youth's Companion.

Why He Was Careful.

A man who believed in pedestrianism coaxed a friend to accompany him on a little jaunt. Every time they crossed the road his friend looked first one way and then the other and refused to budge if there chanced to be a motorcar in sight.

"It's all well enough to be careful," said the pedestrian, "but you seem to have let automobiles get on your nerves."

"I've good reason to be careful," answered his friend. "The insurance policy I carry is void if I get run over by one."—Judge.

Drooping, Tired, Weary, Try This Remedy!

Don't give in to that depressed, played out, don't care sort of feeling. Better days are ahead. Cheer up, do as the other fellow is doing, tone and strengthen your blood, and you'll feel like new again. You'll dance with new found energy once you use Dr. Hamilton's Pills. They will quickly fill your system with energy, bring back the old appetite, restore that long lost complexion, make you feel like a kid again. A wonderful medicine, chuck full of health bringing qualities. You need Dr. Hamilton's Pills. Get a 25c. box to-day at any dealer's.

CIVILIZATION'S DEBT TO WOMAN

(Rochester Post-Express)

In spite of war and politics, the influence of women is very great in the civilization of our day. In every family the spiritual power of women is strongly felt. Woman is the inspiring force wherever by the wheels of progress are set in motion. Man is too often a radical and a revolutionist, but woman is the conservative element that keeps society from going to pieces.

The mother is by natural law an uncrowned queen. The majority of the world's mothers are not concerned about woman suffrage, as they consider it waste their precious time in futile agitation.

It would be found on investigation that the portion of the public which is most appreciative of literature and art is largely feminine.

In the promotion of the great ideals which make for human perfection women play a prominent part. If men do things, the moving force that makes them doers, to use Carlyle's favorite word, comes from woman's irrepressible enthusiasm. Women have been the mortal instruments of human progress. Florence Nightingale saved the lives of thousands of wounded men. Harriet Beecher Stowe helped more than any man to stir up indignation against slavery among the American people. At the present moment we may be sure that feminine influence will be felt in securing for humanity a peace which will be in harmony with the freedom demanded by every human being.

Minard's Liniment Cures Garget in Cows.

The Oldest Warfare.

They are talking of the great wars fought in the days when this old world was considerably younger.

"But, you know," said Pant, "it always seems to me that those old warriors were very much like our modern financiers."

"What on earth do you mean?" asked Mant.

"Well, they were always investing some one else's capital, weren't they?"—London Mail.

Minard's Liniment Cures Diphtheria.

Where Leaders Stand.

There is one Asiatic idea as to the right place of the commander in warfare which is altogether different from the frigid scientific Japanese principle. Sir Francis Younghusband has told us that when the British expedition to Lhasa first met the armed host of the Tibetans and a fight was provoked, with consequences disastrous to the primitive warriors, the lamas protested against the wickedness of the British attack. The Tibetans, they insisted, had never meant resistance, and for proof they pointed to the presence of the leaders with the troops. If, they said, any fighting had been intended all those in authority would of course have moved a day's march to the rear!—Manchester Guardian.

One is Enough.

"Before she married him, you know, she used to say there wasn't another man like him in the world."

"Yes, and now she says she'd hate to think that there was."

ISSUE NO. 34, 1915

HELP WANTED.

WANTED—EXPERIENCED WEAVers and apprentices. Wages paid to apprentices while learning. Apply to the Stingsby Mfg., Co., Brantford.

FARMS FOR SALE.

EXECUTORS' SALE OF STOCK AND Grain Farm, 233 acres; clay, brick house; basement barns, 96 x 40; cement silo, and hog pen; near towns, villages, depots, schools, churches, creameries, condensers (Borden's), hydro power, telephone, and rural mail installed. Write for printed description and price. J. J. McNally, R. R. No. 1, Otterville, Ont.

TIMELY TIPS.

The Ten Commandments of Summer Health.

Thou shalt not drink ice water to excess.

Thou shalt not overeat, and impose too great a task upon a stomach that is naturally more delicate in the summer than in the winter.

Thou shalt not eat more than two full meals per day during the summer months.

Thou shalt not hurry thyself into a white heat, but take all things deliberately and quietly.

Thou shalt not sleep indoors if it is possible for thee to sleep in the open air.

Thou shalt not wear much clothing or tight clothing. Avoid wool fabrics and dark colors as much as possible.

Thou shalt not neglect a certain amount of daily exercise of a light, pleasant nature.

Thou shalt not neglect thy daily bath or swim.

Thou shalt not enter into war arguments, quarrels or other brain-heating activities.

Thou shalt not fail to let cold water run upon thy wrists when overheated, as this will reduce thy temperature more quickly than anything else.

GREAT SALE OF ORGANS AND PIANOS

Ye Olde Firme of Heintzman & Co., corner King and John streets, Hamilton, Ont., are offering 50 organs at a great reduction in price. Instruments bearing the names of such well-known makers as Bell, Doherty, Karn, Dominion and Uxbridge are being sold as low as $15 to $30.

Good practice pianos from $50 to $100. Write for complete list of prices and terms.

MAKING PLANTS GROW.

Yield of Tomatoes Doubled by Use of Carbonic Acid Gas.

The value of carbonic acid gas as a plant nutrient has been the subject of considerable recent literature, including an interesting paper by H. Fischer, describing experiments in Europe. The author found that the development of both foliage and flowers was stimulated by an excess of carbonic acid in the air, while the yield of tomatoes was doubled, and that of cucumbers increased 12.5 per cent. by carbonic acid treatment.

It has generally been held that .03 per cent. of carbon dioxide in the air is sufficient for plant growth, but Mr. Fischer thinks that more than this can be utilized, provided there is ample light, and that experiments in this direction might give valuable results.

On the other hand, Mr. I. F. Kidd, an English investigator, finds that an excess of carbon dioxide in the atmosphere retards or inhabits the germination of seeds, but without injuring them. He suggests that the production of carbon dioxide in nature by the decay of vegetable matter may play a part of analogous to that noted in his experiments.

St. Joseph, Levis, July 14, 1903.

Minard's Liniment Co., Limited.

Gentlemen,—I was badly kicked by my horse last May, and after using several preparations on my leg, nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I could start on the road.

JOS. DUBES,
Commercial Traveller.

The Ancient Greek.

No greater gift could be made to our modern world than the rediscovery of the Greek physical supremacy. The secret of the method by which, for one brief period, they realized perfection was lost, no one knows now. At present so little do we understand the principles of training which guided the Greek in his games, in his battles and his dances, and made the proportions of his figure different from ours of to-day, that Greek sculpture is in reality a puzzle to us. Certain postures fixed by the Greek sculptor seem to us contortions, bordering on physical impossibilities. There is always a terrific controversy over the restoration of Greek sculpture, and even then the arms and heads and legs we supply never look right.—New York Times.

Appropriate Emblem.

"You women ought to organize a society for the encouragement of pickpockets."

"What do you mean?"

"And adopt as your insignia the dangling hand bag."—Louisville Courier-Journal.

OWING TO HOW YOU LOOK AT IT.

(Florida Times-Union)

"What's become of that young paper hanger who opened up a shop here last month?"

"Oh, he's going to the wall."

"Well, what of it—ain't a paper hanger supposed to go to the wall?"

DRS. SOPER & WHITE

SPECIALISTS

Piles, Eczema, Asthma, Catarrh, Pimples, Consumption, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.

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