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Enclosed find $7.00 for which you may send me one of your SAFETY STEERING DEVICES for Ford Cars, together with illustration and full instructions for installing. This device is ordered with the understanding that it is fully guaranteed and will do the work claimed for it.
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Diet When Reducing.

The question of food is important to the woman reducing; and not so much the quantity as the quality; not how much, but what you eat. And what you eat must vary from one day to another, according to the amount of work done. Do not cut down your food on the day when you have exercised more than usual. That is when you need the full supply. On this matter you will have to exercise your own judgment. In general, avoid fats, as butter, cream and cocoa; starchy foods, as breads and cereals; flesh-producing vegetables, as potatoes, beans and carrots; all pastries and sweets. Of course they are the very things which you take the most delight in eating. That is just how you have put on so much flesh. Eat plenty of fruit, except bananas and melons. Meat, if not taken in excess, poultry and fish may be added to your list. Drink water, preferably hot, between meals. Not more than one glass should ever be taken with meals. A hot lemonade before retiring is very good.—Woman's World for May.

BETTER THAN SPANKING

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

Oxygen Cakes.

Solid oxygen in cakes like soap, easily turned into oxygen of the gas form, is a new substitute for the tanks of compressed oxygen used in breathing apparatus for coal mine rescues, in the machines for suppiying oxygen in cases of extreme sickness, and in a great many manufacturing processes. The cakes of oxygen rapidly turn into the gas when placed in contact with water, in much the same way that carbide is turned into acetylene gas. A pound cake of solid oxygen will make more than two cubic feet of the gas.—Saturday Evening Post.

CAPITAL PUNISHMENT.

(Detroit Free Press.)

Capital punishment is always objectionable because it is irrevocable. Mistakes will occur as long as human institutions last, but their victims who are in prison can at least be set at liberty and some show of restitution can be made to them for the injustice they undergo. But the man who goes to the gallows or the electric chair unjustly goes beyond recall.

The Housekeeper

A clothesline may be nicely cleaned by wrapping it around a washboard and thoroughly scrubbing it in soapsuds.

Acetic acid will remove warts. Touch the wart with the acid, using a toothpick for the purpose.

A raw potato is a good remedy for burns. Grate the potato and apply it like a poultice.

In blacking a stove, wet blacking brush in warm water, rub on a little soap ,then blacking, and apply to stove. It will last longer, remove grease and prevent rusting. Have the stove slightly warm.

Before washing new goods, always soak over night in strong salt water, to set the color.

Keep plenty of paper towels in the kitchen. They are nice for wiping fish and fowls. Then they can be thrown away immediately, which saves the dishtowels, with the ill-smelling linen waiting for the laundry.

Place good-sized sprays of mint in a glass fruit jar. Keep the jar filled with water and the mint will grow as well as in a window box or in a kitch garden.

Dim, rusty curtain hooks may be renewed by soaking them in vinegar over night.

If the clothes are yellow a tablespoonful of peroxide of hydrogen put in the water in which they soaked will bleach them.

Clean tarnished silver with a paste made of mixing whiting with water and a few drops of ammonia. Apply this to the silver and, when it is dry, brush with a jeweler's brush. Wash in warm suds, rinse and polish.

WHERE THE TROUBLE LIES.

(Pittsburg Gazette-Times.)

Certainly a domestic and social system that produces a young woman who at 19 and possessed of great wealth is haled into court as an incorrigible must have a wheel loose in it somewhere. When it is further said that many of the young associates of this girl, parasites and outright crooks who have been fleecing her right and left, have become alarmed and taken to cover to avoid arrest, the damaging extent of the system in New York is alarmingly set forth.

It is not so much an evidecne of a decay of morals, nor is it a sign of increasing waywardness among the young people of this generation, that is brought out in the deplorable facts concerning this New York girl, as it is an awful exhibition of the blighting soul-and-life-withering influence of a combination of too much money and too little intelligent, healthy employment of the consequent idle time.

Thousands Are Ailing From Constipation

No condition causes so many diseases as constipation. It not only prevents proper kidney action, but causes Anaemia, Stomach Trouble and Indigestion.

Why not use Dr. Hamilton's Pills and get cured? This excellent medicine restores normal bowel action in one night, thousands say so.

Just think of it! Your system will be pure and clean. You'll be free from headaches, sour stomach, biliousness—in short, you'll have jovial spirits and perfect good health . Get a 25c box of Dr. Hamilton's Pills today. At all dealers.

Lunar Vegetation.

Prof. Pickering, of the Harvard astronomical observatory, declares that there is nothing less true than that the moon is without air, water or vegetation. There are certain large lunar areas that darken toward lunar noon and fade out toward lunar sunset. They correspond in some degree to the so-called Martian seas, and Prof. Pickering uses the terms "fields" to describe these plains or slopes, which he believes to be covered with vegetation. He is convinced that the dark fields to be seen during the lunar summer do not owe their blackness to shadow, for you can see them at full moon when shadows are absolutely invisible. The blue-black color of the fields and canals, he argues, can therefore be owing only to a discoloration of the surface that comes alike on slopes and levels in the lunar summer, and that is invisible in the spring and autumn. We know of no mineral that acts in that manner, and the only possible explanation seems to be that it is the result of a covering of vegetation.—Youth's Companion.

Ask for Minard's and take no other.

Ruskin's Political Views.

Ruskin was once a candidate for the rectorship of Glasgow university an flew into a rage when asked by a deputation of the students whether his political sympathies lay with Beaconsfield or with Gladstone. What in the devil's name," he exclaimed," have you to do with either Disraeli or Gladstone You are students at the university and have no more business with politics than you have with rat catching. Had you ever read the words of mine with understanding you would have known that I care no more either for Mr. Disraeli or Mr. Gladstone than for two old bagpipes with the drones going by steam, but that I hate all Liberalism as I do Beelzebub, and that with Carlyle I stand—we two alone in England—for God and the queen."—London Express.

How Railroads Have Grown.

To show how rapidly railroads developed in the United States, in 1828 there were only 3 miles, in 1830 42 miles, in 1840 2,800 miles and in 1850 50,000 miles. The present railroad mileage in the United States is upward of 356,000 miles, or equal to several tracks around the globe, while the total mileage of the world is more than 640,000 miles, all built in less than a hundred years.

Character Shown by the Nose.

"Here is an article in the paper that says a woman's character can be determined by her nose."

"Well, there may be something in that, but there's a surer way. No one can make a mistake concerning a woman's character if he will look at the noses of other women who meet her. The extent to which they turn up at such times shows just what she is or isn't."—Exchange.

We trust our secrets to our friends, but they escape from us in love.—La Bruyere.

BOY'S HEAD A SIGHT FROM ECZEMA

In Blisters. Itched and Burned Badly. Had to Put Gloves On Child's Hands. Cuticura Healed.

10 Abbott Ave., Toronto, Ont.—"My boy had eczema badly all over, but his head was affected most. It came out in blisters and it was a sight to look at. It itched and burned so badly that I had to put gloves on the child's hands. It came out first on his face near the ears, and then went to his head and then on his body. His head was like a fish it was so bad.

"I used Cuticura Soap and Ointment and at the end of six weeks he was cured." (Signed) Mrs. Carroll, Jan. 1, 1914.

Sample Each Free by Mail

Cuticura Soap and Ointment sold throughout the world. For liberal free sample of each, with 32-p. book, send post-card to "Cuticura, Dept. D, Boston, U. S. A."

SERVIA'S NAME

And That Nation's Request That it be Spelled Serbia.

The request of the nation heretofore known in western Europe as "Servia" that its name be hereafter spelled "Serbia" is only reasonable, "Serbia" or "Serbya" being the correct form.

The letter "v" is a comparatively late comer into alphabets. The Greek has none; "b" is used instead. "Victoria" thus becomes "Bictoria," but is pronounced the same.

Old Slavonic, whence Russian and the Serbian dialect are derived, had no "v," but two forms of "b," one denoting the "v" sound. Early Latin also used "b" for "v," as does modern Spanish, and unlettered persons long continued to confuse the letters. Thus a Christian father would carve on a rude stone in the Catacombs for his baby daughter, "Birgo," instead of "Virgo"—virgin. In modern Italian dialects "v" and "b" are to some extent interchangeable.

English writers have often used "Serb" to distinguish the entire race from "Servian," a subject of the little kingdom. In the native tongue there is only the one word. It is often hard to preserve in English letters the exact Serbian form of a word. The adjective "Serbian" itself looks much like "Crpsk." And the word is sometimes spelled with an "o" in English—Serb.—New York World.

The Way of Mothers.

I've tucked him under the blankets,
I've snuffed the flickering light—
His gaping satchel mocked and stared
As I said, "My son—good night."
To-morrow and to-morrow,
I'll come, but he will have flown—
To-morrow and to-morrow
I'll rock by the hearth alone!

I've kissed his wee little bruises,
I've buttoned his round-collared shirt,
Taught him the tales of the gnomes and elves,
And bound his baby hurts;
I've watched beside his cradle
When the fevers raged and burned—
And stood with God at the turning,
Where the bigger things are learned.

And now the nesting is over,
He aches for the spread of his wings;
Aches for his chance—his bitter chance
To learn the bigger things;
And 'way out there who'll soothe him,
So helpless they are—our men—
I'll go once more while he's sleeping
And tuck him in again.

—John Burr, in N. Y. Times.

THE ENGINEER KNOWS.

(London Advertiser.)

The Brotherhood of Locomotive Engineers, representing both the Canadian and American wings of the great order, have passed an unanimous resolution for provincial and state and national prohibition. No set of the men knows the dangers of the bottle more clearly than the engineers. Your engineer is usually about the manliest type in the community. He takes care of your life constantly, and he knows that liquor is as much a menace to humanity as a misplaced switch or a broken rail or a tie placed on the track by desperadoes.

Industry.

It argues, indeed, no small strength of mind to preserve in the habits of industry without the pleasure of perceiving those advantages which, like the hands of a clock, while they make hourly approaches to their point yet proceed so slowly as to escape observation.—Sir John Reynolds.

Blind zeal can only do harm.—Lichtwer.

HEALTH GIVING OZONE.

The Process of Formation and the Effects.

The younger [illegible] of motion in air is greatly [illegible] the presence of great quantities of ozone. Everyone knows this and learnedly talks about the ozone in the air, but very few people have the slightest idea of what they are really talking about.

Nature makes ozone by allowing the ultraviolet rays of the sun to act upon the oxygen of the air. Briefly, ozone is a particularly active form of oxygen. A molecule of oxygen is composed of two atoms, whereas ozone is composed of three.

As only two elements of oxygen can exist together, the addition of the third sets up a disturbance, which causes it to detach itself from the other two. Being thus detached, the third atom, which is now ozone, wandering around by itself, gravitates with great sureness and rapidity to any bit of foul air or any microbe which may be lurking in the vicinity, for the attraction between ozone and microbes is irresistible.

Like most fatal passions, the outcome is tragic, for the ozone burns up the microbes as soon as they touch each other. This is the reason that ozone is health giving; it may be truly said to eat up disease.—Detroit Free Press.

THE BEST MEDICINE FOR LITTLE ONES

Thousands of mothers say Baby's Own Tablets are the only medicine they would give their little ones. Among them is Mrs. Howard Hodgkins, St. Catharines, Ont., who says: "I am a user of Baby's Own Tablets, and think them the best medicine in the world for little ones." Once a mother has used the Tablets she will use no other medicine because she feels the Tablets are absolutely safe, and knows they never fail to banish all the simple ailments of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Matter of Trade.

An American merchant in Guatemala had a rich customer who wanted two dozen ties exactly like the one he wore. The order was sent to a maker in the United States, who answered that those ties were out of date, and sent two dozen of the latest style. They were not wanted. The merchant then ordered two dozen in Germany, where they were made just as desired.—New York Post.

Keep Minard's Liniment in the house

Beware the Rat.

The rat is a menace.

Much filth is fostered by rats.

Waring and cunning, the rat is hard to fight.

Disease carrying has been proven against rats.

The rat is the chief carrier of the deadly bubonic plague.

Many parasites infest the hairy body of the filthy rats.

Rats are subject to leprosy and other diseases which may be transmitted.

The spread of trichonisis is attributed to rats by scientific authorites.

Making its home in sewers and dirt dumps, it is described as "the worst mammal pest in the United States."

Minard's Liniment used by Physicians

Perpetual Motion.

Alderman Curran, of New York City, worked his way through Yale College. During his course he was kept very busy by the various jobs he did to help with his expenses. On graduation he went to New York and was even busier than he had been in New Haven.

After some months of life in New York, a friend met him and said: "Henry, what are you doing?"

"I have three jobs," replied Mr. Curran. "I am studying law, I am a newspaper reporter, and I am selling life insurance."

"How do you manage to get it all in?" said the friend.

"Oh," replied Mr. Curran, "that's easy enough. They're only eight hour jobs."—Youth's Companion.

MARRY, YOUNG MAN.

(Detroit Free Press.)

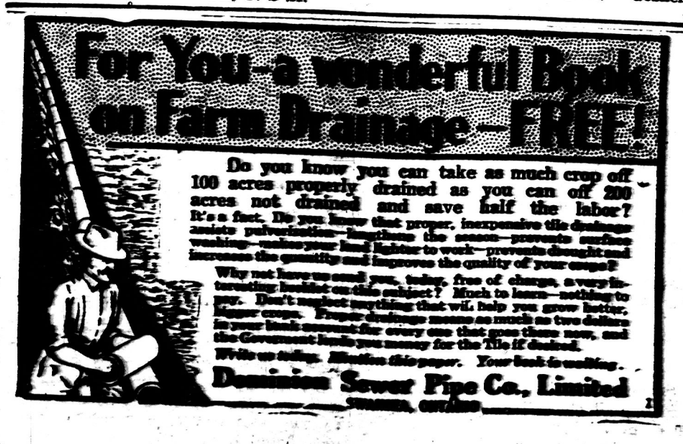
There are unthinking, hotheaded married men to be found. But matrimony and property-owning are great tamers of the male human spirit. And they commend the individual to the attention of employers. The moral is obvious: Marry, young man, buy a home and you'll prosper and be happy.

When everything else fails, some fellows go to work.

COLT DISTEMPER

SPOHN'S DISTEMPER COMPOUND — TRADE MARK

Can be handled very easily. The sick are cured, and all others in same stable, no matter how "exposed," kept from having the disease, by using SPOHN'S LIQUID DISTEMPER COMPOUND. Give on the tongue or in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for mares in foal. Druggists and harness dealers. Our free Booklet gives everything. Largest selling horse remedy in existence, 20 years. Distributors—ALL WHOLESALE DRUGGISTS. SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.



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Galvanized, Rust Proof Made from very finest sheets, absolutely free from defects.

Each sheet is squared, not rolled, corrugations therefore fit accurately without wasting. Any desired size or gauge, straight or curved.

LOW PRICES—PROMPT SHIPMENT

Metallic Roofing Co.,
Manufacturers
TORONTO & WINNIPEG.

IT WAS A NICE STEAK

And the Emergency Chef Thought His Cooking Improved It.

"My, but I'd like a big juicy steak," said Patrolman Timothy Sullivan, smacking his lips.

"I'm with you," echoed Policeman John Smith.

"And I'll get the steak if somebody'll cook it," said Policeman Geo. Moss, who happened to be in the South Chicago station at the time.

The steak was brought and Policeman Leslie Fisher offered to act as chef. He took the thick pieces of beef down to the old stove in the basement of the station on which patrolmen on night duty prepare "emergency grub."

A short while later Fisher placed the steaming steak in front of Tim, George and John. After a large portion of the steak had disappeared in great gulps, Tim, frothing at the mouth, expressed his opinion of Patrolman Fisher between hiccups. And each hiccup was accompanied by a creamy spurt of lather. John, with one hand to his mouth, dragged Fisher to the stove and smelled the frying pan.

"Which can of grease d-did you use?" he spluttered.

Fisher pointed to the can on the shelf. John looked at it and blanched.

"S-soft s-soap," he cried, spitting suds.

"As a c-cook you'd make a good b-barber," frothed Tim. "We wanted a (hic) meal, not a shampoo."

"Well, no one has ever complained of my laundered steaks before," argued Fisher, with a twinkle. "You see soap——"

He ducked out of the door just as a frying pan and a can of soft soap, crashed against the jambs.—Chicago Tribune.

LIQUOR AND MORPHINE HABITS

Are diseases, not vices, and therefore curable. Patients are under my personal care and receive their treatment in ordinary hospitals as ordinary medical cases.

D. H. ARNOTT, M. D.
226 Queen's Ave., London, Ont.

Making History.

When Kinglake was writing his history of the Crimean war he received letters from all sorts of people concerned in the war. One day a letter with a deep black border came from two people in the colonies, husband and wife, describing their grief. Their only child had been killed in the Crimea. They wanted to have him mentioned in the "History of the Crimean War." Kinglake was touched and replied by post that he would do his best if they would send him the necessary particulars. Again a letter, also black bordered, full of thanks, but with the following conclusion: "We have no particulars whatever to give you. He was killed on the spot, like many others, but anything you may kindly invent will be welcome. We leave it entirely to your imagination." London Opinion.

Minard's Liniment Lumberman's Friend.

When Repainting Remember

Never paint over a dirty or greasy surface.

Before painting any surface be sure to remove all dust or dirt.

Before applying the second coat of paint carefully putty all nail holes, cracks, etc.

Do not add dryers or japans to hasten the drying. They are injurious to the paint.

The last coat should be thinned, if any thinning is necessary, with pure raw linseed oil only.

Never paint in frosty weather or over a glossy surface. Under such conditions paint will crawl and not dry properly.

Old paint which has peeled or becomes badly cracked should be burned off or removed with some standard paint and varnish remover.

Do not try to paint over a wet surface, or in damp or foggy weather. Moisture frequently causes blistering, cracking, scaling and similar troubles.

Plaster, brick or stone work, on account of absorption, should be sized or primed with a coat of special primer, prepared for the purpose.

If some old paint is hard and smooth, the new paint will not penetrate or adhere, and the surface should therefore be made rough with coarse sandpaper.

Always stir the contents of the can well before using; in fact, the paint should be poured out of one can into another and thus thoroughly mixed. This is important.

Wine tells nothing; it only tattles.—Schiller.

HELP WANTED—FEMALE

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent anywhere; distance no point; Send stamp for particulars. National Manufacturing Co., Montreal.

FARMS FOR SALE.

FOR SALE—ALL SIZE FRUIT, grain and stock farms; descriptions at your service. W. F. Randall, Winnipeg, Canada.

BLOODTHIRSTY FERRETS

They Kill Not for Food, but for the Mere Sake of Slaughter.

The ferret is one of the most peculiar members of the animal kingdom. It belongs also to an extraordinary family, that of the weasels. A branch of this family is called the polecats, the European representative of our skunks, and the ferret is a species of polecat, generally an albino, yellowish-white in color, with pink eyes.

To hunt and kill mice, rats, rabbits and other small animals is the ferret's delight. It is coldly methodical in its murderous pursuits, and, while it serves its master well, never tiring in the chase and never shrinking fro man attack, it exhibits no trace of affection or attachment toward its trainers, as nobler animals do. The ferret is a typical killer and blood shedder. It has no friends and apparently wants none. It cannot be trusted and will sometimes attack small children.

It likes to kill not for the sake of food, but for the sake of killing. The mere act of taking the life of another creature is a pleasure to it. How it got this bloodthirsty strain in its nature no one can tell. Its appetite for slaughter serves well in ridding our houses of rats and mice, but of what use is it to the ferret to kill those creatures? Its nature is that of a demon, and whenever it sees the life blood beating at a throat its brutal instinct urges it to slit the throat with its keen teeth and let the life throb out!—New York Journal.

HOME STUDY
Arts Courses only.
SUMMER SCHOOL
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ENGINEERING
GEO. Y. CHOWN, Registrar

THE MOTHER'S CHOICE.

One Five Minutes in the Life of Her Dead Soldier Son.

A mother lost her soldier son. The news came to her in despatches from the war. He had fallen fighting nobly at the head of his regiment.

She was inconsolable. "Oh, that I might see him again!" she prayed. "If only for five minutes," the angel said.

"Quick, quick!" said the mother, her tears turned to momentary joy.

"Yes," said the angel, "but think a little. He was a grown man. There are thirty years to choose from. How would you see him?"

The mother paused and wondered.

"Would you see him," said the angel, "as a soldier dying heroically at his post? Would you see him as he left you to join the transport? Would you see him as you first saw him in the uniform? Would you see him again as on that day at school when he stepped on the platform to receive the highest honors a boy could have?"

"How did you know?" the mother asked, her eyes lighting.

The angel smiled. "Would you see him as a baby at your breast? Would you?"

"No," said the mother, "I would have him for five minutes as he was one day when he ran in from the garden to ask my forgiveness for being naughty. He was so small and so unhappy, and he was very hot, and the tears were making streaks down his face through the garden dirt. And he flew into my arms with such force that he hurt me."—C. V. Lucas in "Lucas' Annual."

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES,
General Secretary.

FICTION REFORM NEEDED.

(Detroit Free Press.)

It seems high time that some one said a word against that class of fiction which portrays the business man as a beast of prey, lacking scruples and honor, who regards every good-looking girl as a possible victim. Such stuff is an insult to thousands of decent men and virtuous girls; it suggests what it tacitly condemns—but sometimes condones. No man is insensative to the charm of the pretty face, but it by no means follows that he has an evil heart. The average business man understands that a liaison with an office employe is a menace to his business and social standing and to his family relations. Most men prize and honor their homes and children. That there are exceptions we know, but they prove the rule. They get into the courts and the newspapers, but they do not reflect the general relation of employer and his female employes.

Money talks, but that doesn't influence bank tellers.

ZAM-BUK AND OUTDOOR LIFE.

Every tennis or ball player, every swimmer, every canoeist, every man or woman who loves outdoor life and exercise, should keep a box of Zam-Buk handy.

Zam-Buk is a purely herbal preparation, which, as soon as applied to cuts, bruises, burns, sprains, blisters, etc., sets up highly beneficial operations. First, its antiseptic properties render the wound free from all danger from blood poisoning. Next, its soothing properties relieve and ease the pain. Then its rich, herbal balms penetrate the tissue, aid up the wonderful process of healing. Barbed wire scratches, insect stings, skin diseases, such as eczema, heat rashes, ring worm, babies' heat sores, chafed places, sore feet—are all quickly cured by Zam-Buk. It also eases and cures piles. All druggists and stores. Use Zam-Buk Soap also; 25c per tablet.