SOFT WHITE HANDS

Under All Conditions If You Use Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Nothing better, purer, sweeter or more effective at any price than these emollients.

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With 32-p. Skin Book. Address postcard, Cuticura, Dept. L, Boston, U.S.A. Sold throughout the world.

A LEAKY LAKE.

High Above Sea Level, Yet Its Water is Becoming Salt.

A queer and unexpected result of the operation of the Panama Canal is the making of a salt water lake high above sea level on the isthmus. A lake that was pure fresh water last summer is now so salt that the water is not fit to drink, and this in spite of the fact that the bottom of the lake is much above the highest level which the high tides of the Pacific Ocean reach.

Miraflores Lake is eight miles from the Pacific Ocean, on the line of the canal, and was created by the building of the waterway. It is fed by water from the great Gatun Lake, and plans had been adopted prior to the opening of the canal for using the lake as a water supply for a number of small towns. As soon as the canal was placed in operation the water of Miraflores Lake became noticeably salt, and its value as a drinking water supply disappeared.

The salt, of course, comes from the salt water of the Pacific Ocean, which works its way up into the lake through the operation of the two locks between the lake and the sea level. Every time a boat goes up the locks on the Pacific end a certain amount of salt water goes along with it.

Salt water is heavier than fresh water, and consequently every time the lock gates are opened currents of fresh water and salt water quickly flow until the lower part of the water in the lock is sea water and the upper layer of water is fresh. The salt water is much diluted before it finally gets into Miraflores Lake, but enough of it gets there to become very noticeable.—Saturday Evening Post.

WHEN YOU OPEN YOUR PRESERVES NEXT WINTER

they will be full flavored and delicious—just as they were the day you put them up, if you seal your glasses and jars with

Parowax

Pure Refined Paraffine

It is the only sure way to preserve the full goodness of your fruits. And it is the easy way also. Simply pour melted Parowax on the cooled preserves. To make sure that fruit jars are *air-tight*, dip the tops in melted Parowax.

Put up in handy one-pound cartons containing 4 cakes. At grocery and department stores everywhere.

THE IMPERIAL OIL COMPANY Limited

BRANCHES IN ALL CITIES

Made in Canada

CROP OUTLOOK IS FAVORABLE

Latest Bulletin On Canadian Prospects Satisfactory.

Great Increase in Acreage Sown to Grains.

A press bulletin issued by the census and statistics office is of special interest as giving the preliminary estimate of the area sown to grain crops on May 31, as reported by correspondents. The reports received show that in the Maritime Provinces cold and rainy weather during May delayed farm work, and at the end of the month a good deal of seeding had still to be completed. In Quebec and Ontario cold winds and frost, coming after the exceptionally warm weather of April, retarded growth. In these provinces the frosts injured pastures, but did little damage to grain crops. In the Northwest provinces growth was checked somewhat by cold and frosty nights, but, on the whole, conditions continue to be favorable. In some parts of Manitoba and Saskatchewan the need of rain was being felt. In Alberta and British Columbia the condition of the grain crops was generally favorable.

AREAS SOWN TO WHEAT.

Wheat is estimated to occupy this year a total area of 12,896,000 acres, which is more by 1,662,500 acres, or 14.8 p.c., than the area sown for 1914, and more by 2,602,100 acres, or 25 p.c., than the area harvested in 1914, the area sown for last year having been reduced by 939,600 acres, the estimated aggregate of total failures through the winter-killing of fall wheat (211,500 acres), and through drought affecting spring wheat (728,100 acres). Not only is the wheat area this year, under the double stimulus of patriotic impulse and high prices, largest area ever sown to wheat in Canada. As previously reported the area to be harvested of fall sown wheat is 1,208,700 acres, the balance shows an increase in the wheat area it is the three Northwest provinces which preponderate in the national effort to produce more wheat. The total area sown to wheat in these provinces is 11,659,700 acres, an increase over last year's harvested area of 2,324,300 acres, or 25 per cent. In Manitoba the area is 3,166,900 acres, an increase of 21 per cent.; in Saskatchewan it is 6,642,100 acres, an increase of 24 per cent., and in Alberta it is 1,850,700 acres, an increase of 35 per cent. Rather more than half of the total wheat area of Canada is in the single Province of Saskatchewan.

OTHER FIELD CROPS.

Oats are estimated to occupy a total area in Canada of 11,427,000 acres an increase over last year's harvested area of 71,365,300 acres, or 13 per cent. barley, 1,518,400 acres, as compared with 1,495,600 acres last year, rye, 166,440 acres against 111,280 acres; peas, 18,470 acres, compared with 205,950 acres; mixed grains, 455,000 acres, against 462,300 acres; hay and clover, 7,788,400 acres, against 7,997,000 acres, and alfalfa, 94,480 acres, against 90,385 acres.

CONDITION AND ANTICIPATED YIELD.

Measured in percentage of a standard of 100 representing a full crop, all the grain crops were reported as showing a high average, the points being as follows: Fall wheat 94, spring wheat 96, oats anr barley 92, rye 91, peas 92, and mixed grains 91. Hay and clover with 86, pastures and alfalfa with 87 are not so good, these crops having suffered from cold and frosty nights during May. Converting the points of standard condition for the principal grain crops into a scale of 100 representing the average of the past five years, 1910-1914, the result—assuming conditions between now and harvest to be equal to the average—is an anticipated increase in the yield per acre of 15.6 per cent. for fall wheat, 2.6 per cent. for spring wheat, and 2.5 per cent. for rye. For oats and barley the indications are for yields slightly below the average, or to the extent of 1.5 per cent for oats and 0.7 per cent. for barley.

Bad Teeth and Bad Health.

The care of the teeth is often referred to as essential to good health, and it has been quite clearly established that there is a direct connection between the condition of the teeth or gums and the health of the possessor. Decayed teeth or diseased gums may be the cause of poison circulating throughout the system. It may happen in this way:

A series of canals, known as lymphatic tissue, connects the several parts of the body, including the gums.

If the teeth are not cleaned and the mouth kept in good condition, microbes or germs collect on the gums or teeth. When they become so numerous as to overpopulate the mouth they are pushed into the lymphatic canals, where they get busy developing disease in the body.

Her Relative.

Little Loa was standing at the front gate gazing anxiously up and own the street when a woman passerby paused and asked, "Are you looking for some one, dear?"

"Yes, ma'am," replied Lola. "Dinner is on the table and I came out to see if mamma's husband was coming."—Chicago News.

End of the Locomotive.

When railroad locomotives have served their time of usefulness or are badly damaged through accidents they are ordinarily scrapped and disposed of as salvage. This at least is the practice followed by many of the companies which turn over their obsolete equipment of this kind to firms which junk it. After the sheeting is removed from the sides of the locomotive the cuting its done with oxyacetylene torches. Castings, malleable iron and the different grades of metal are separated as the work proceeds.—Popular Mechanics.

Pure Ice Cream for the Children

Include plenty of City Dairy Ice Cream in the children's diet. In the summer time there is nothing that can take its place—it's cooling—it's a food and the child craves its sweetness. Give them all the Ice Cream they can eat but be sure it's made by City Dairy because "If it's City Dairy, it's Pure, that's Sure".

For Sale by discriminating shopkeepers everywhere.

City Dairy Look for the Sign.

TORONTO.

We want an agent in every town.

BABIES' MILK.

A Point Which the Mother May Well Consider.

An important particular in which cow's milk differs from mother's milk for feeding infants is that the former is likely to curdle.

Some children fed on cow's milk are apt to suffer from the conformation of large, tough curds. If citrate of soda is added to milk in the proportion of half a dram of soda to a pint of milk, no curds will be formed.

Given in this proportion citrate of soda is said to be entirely harmless and is often found very useful in feeding infants. The addition of barley water or any other thin cereal gruel has much the same effect.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentry, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Butterfly's Eye Spots.

What do the eye spots on butterflies' wings mean? The naturalist, says Mr. Percy Collins, must answer, frankly, "I do not know." It is thought that they have some untilitarian application, and they form one of the most intricate of all natural designs. The fact that butterflies have been captured with their eye spots pierced, as if front attack of birds, has been used as an arugement in favor of the view that they must be "protective markings," imitafing eyes, because birds strike at the eyes of their victims. But the suggestion is hardly regarded as satisfactory. Among butterflies the most striking examples of eyespots are found on the under-surface of the wings.

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.

CHILDREN'S VALUE.

(Buffalo News.)

Children have no economic value: it's a harsh word. They have a finer value. their assets are chubby hands and unvexed faces, smiles that refresh their elders of a winsomeness incomparable and a wealth of loving that makes life sweet for those who might find it bitter.

Minard's Liniment Cures Distemper.

Wigg—That girl sees something funny in everything. Wagg—Yes, I have even seen her laugh at the jokes printed on a theatre programme.

Why Milk Sours Quickly.

We are told by those who study the ways and ravages of the mischievous microbe that he is very fond of sugar, and that he delights to gratify this liking by turning the sugar in milk into an acid which sours the milk. These microbes are constantly in the air, alive, though invisible, and ready

If it were possible to keep the milk from the air after the cow is milked it would not turn sour.

Warm milk is particularly inviting to the microbe and favorable to his operations. He does not get along well under chilling conditions, and that is why the sweetness of milk can be preserved if it is kept cold.

Boiling fresh milk changes the sugar in such a way that the microbe cannot feed upon it.

Eat Vegetables.

They're good.

They are better in spring.

Asparagus purifies the blood.

Carrots improve the complexion.

Dandelions act upon the kidneys.

Spinach benefits gravel victims.

Cucumbers are cooling in effect.

Onions are the best nervine to be had.

Tomatoes are a powerful aperient for the liver.

Celery and lettuce are good for the nerves.

Beans contain nearly three times the heat and energy-producing properties of potatoes.

Rice costs much more than potatoes, but is really cheaper, having twice the flesh and bone-producing power of potatoes.

INVESTMENT OPPORTUNITY

Wanted capital to develop one of the most valuable natural resources in the Dominion, unlimited quantity of raw material to be manufactured into a commodity for which there is an almost unlimited demand. If you have one hundred to five hundred dollars or more to invest where your investment will be well secured, then write for particulars and prospectus which will convince you of the absolutely sure and large returns. Address P. O. Box 102, Hamilton, Ont.

Byron at Ostend.

At one time Ostend was a great fortress looking out over the North Sea through her menacing loophole upon the sails of Vikings. A century ago Byron made his memorable flight, not from, but to Ostend, in terror of vandal bailiffs who were laying siege to his mansion in Piccadilly. The poet made the journey to Dover in his magnificent £500 coach, but had to wait until a storm abated before the mail packet felt it safe to set sail. That Byron was far from seasickness in his crossing "Childe Harold's Pilgrimage" testifies.—London Standard.

Close Packing Best.

Most people are afraid of crushing their clothes by packing them too tightly, yet this is the secret of successful packing. If they are allowed room to slide and slip, they will come forth wrinkled and mussed, whereas if they are firmly held in place in a trunk which is not too large for its contents you will get far better results.—Los Angeles Times.

Minard's Liniment Cures Garget in Cows.

FOR HOUSEWIVES.

Many New Wrinkles to Aid Them in Their Work.

Manufacturers are supplying many practical aids for housekeepers. There is to-day a convenient utensil for almost every sort of labor, even to the conserving of room and fuel consumption by the use of cunningly arranged utensils which, like the triple saucepan, will cook three foods over one gas burner.

Among cleaning agents there are two recent additions to the list that are well worth while; one is the copper wire dish cloth which comes in three sizes for the cleaning of pots and pans and is much more effective than the chain cloths, as it does not chip or crack the enamel. The other is steel wool; this comes in a roll and a little bit pulled off, which has the feeling of a bunch of horse hair and looks not unlike it, will clean enamel over the surface. It may also be used for brasses and glassware. Use with it a non-alkali soap, if any, and always rinse the article and polish with a dry cloth after it is cleaned.

"Holdfoam flagons" will appeal to the housekeeper who has had her favorite pitchers one by one broken off in refrigerator use. The flagons are of heavy glass, metal-protected by a skeleton frame and handle, and have a porcelain snap top. They are good for milk, lemonade or anything that one desires to have cooled next the ice. They may be purchased in several sizes at moderate cost.

The gas table-grill will be found very convenient for breakfast table use. One may use it for broiling, toasting, waffle or pancake making, or simply to keep the platters hot so that their contents will remain inviting for lagging members of the family.

Another grill is that to use with the solid alcohol burner and is especially adapted for porch use where even the club sandwich is made on the spot, the bacon and toast being prepared by the hostess on the grill while the guest waits.

The newest casserole dish is bowl-shaped, of copper with a lining of sterling silver; it has a hardwood copper tipped handle which screws on to the side of the dish after it is taken from the oven. The knob on top of the heavy cover is also of hard wood heavily tipped, like the handle, with copper so that the oven heat has no effect upon it.

Just now the square dish pan with wire drawer is bidding justly for popularity. It has a chain and plug which, when lifted, drain the water out through the wire drawer underneath, which is the same depth as the height of the four legs on which the pan stands. In the drawer all large crumbs or scraps are caught and may be easily emptied into the garbage can.

The mushroom shaped potato masher finds favor with experienced cooks and chefs. It is a good pulverizer for hard fibrous vegetables that need to be put through a strainer, and it is indispensable in puree making, owing to its broad satiny surface.

$1,000 REWARD!!

For a Case of Incurable Constipation.

To any person who cannot be cured of Constipation by Dr. Hamilton's Pills, the above reward will be paid.

No medicine gives such lasting satisfaction or effects such marvellous cures as Dr. Hamilton's Pills. Relief instantly follows their use. That blinding headache goes forever, that feverish feeling in the skin is soothed away, bilious fits and stomach disorders are stopped.

Don't be nervous about using Dr. Hamilton's Pills; for they are mild enough for a child to use, yet certain and effective in action, in the most chronic cases. Get a 25c box to-day; they bring and keep robust good health.

DRINKS FOR WARM DAYS

The wise and hospitable hostess will see to it that some cool, refreshing beverage, of simple or intricate mixing, is always ready for impromptu use for the unexpected arrival of informal gathering on the lawn or verandah.

There is a wide assortment of tempting drinks which have been experimented with by a woman who has travelled the world over and has brought recipes from foreign lands, as well as from the sunny South far famed fod its liquid refreshments.

Her directions for a sherry flip are quite worth while. Beat up one egg thoroughly with a teasponful of sugar; pour onto this a wineglass of sherry and mix again. Fill up the glass with shaved ice and milk and shake well with a shaker. Strain into a champagne glass and grate a little nutmeg over the top.

Nothing is more appetizing than iced tea or tea punch, as so mecall it. For plain iced tea put a teaspoonful of Ceylon tea in a large pitcher and pour over it a quart of boiling water. Cover with a folded napkin and let stand for ten minutes. Strain and add sugar, about one pound. The juice of lemons or mint juice may be added.

To brew what is called tea punch the juice of six lemons and two oranges is added, this being served with ice and mineral water.

Many nostesses have iced coffee ready to serve during the warm days. This is nothing more than a strong, black coffee, sweetened and placed in a wine cooler, with plenty of crushed ice abou tit. This should be served in tall, thin, slender glasses with a spoonful of whipped cream on top. Ice dchocolate may be simarly prepared and served. The Orientals add a bit of cinnamon to their chilled chocolate.

For a warm weather drink, especially for serving in the afternoon or evening, the mint julep holds high favor. A good old Kentucy recipe is the following: Put one-half teaspoonful of orange bitters in a glass with several tender mint leaves. Crush the mint well in the bitters and to the mixture add one sherry glass of rye whiskey. Fill the glass with shaved ice and put on top a thin slice of oraange nad a spray of the mint frosted in white sugar.

Cider cup, though not a commonly served summer drink, is the specialty of a certain summer hostess who has gained quite a reputation for her unusual and tempting beverages. A layer of finely pounded ice is put into the bottom of a large glass pitcher. Then mix together one quart of cider, two wineglasses of sherry and one of brandy. Sweeten to taste and pour over the ice. Add the thinly cut rind of two lemons, one sliced orange and one-half of a crisp cucumber shaved thin. Let the ice melt a little, then arr a glass of Curacoa, and grate a bit of nutmeg on the top before serving.

ISSUE NO. 26, 1915

HELP WANTED—FEMALE

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

FOR SALE.

GOOD HOUSE AND ONE ACRE with outbuildings; near Hamilton; only $1600. Apply, Geo. R. Hazlewood, James street south, Hamilton, Ont.

A Great Surprise.

There are lots of haps and mishaps during a play that are not down on the bills. One incident is related by a manager while playing in a small town. Ice cream was supposed to be used in one of the scenes, but not being able to get it cream cotton was used on dishes as a substitute. The characters were sitting around the table, presumably eating ice cream and cake. In the centre of the table was a candelabrum, and the candles were burning. The leading lady, while talking, got her dish of ice cream too near the candles, and, to the surprise and amusement of the audience, the ice cream caught fire and burned merrily until the curtain was lowered.

Table for Thickenings.

It requires a level tablespoonful of flour to thicken a cupful of liquid for soup.

It requires two level tablespoonfuls of flour to thicken a cupful of liquid for gravy or sauces.

It requires an egg for each cupful of milk used in making soft or baked custard.

It requires a level tablespoonful of granulated gelatine to stiffen a pint of liquid so it will be the consistency of jelly when cold.—Chicago Herald.

Minard's Liniment Cures Colds, Etc.

NEWSPAPERS AND WAR.

(Guelph Mercury.)

The war has been a serious matter for the newspapers. From a commercial side, it has hit them just the same as it has many other lines of business. It's been a perpetual round of increasing expenditure and decreasing revenue.

From an editorial and news point of view it's been a nightmare. Does anyone suppose that a man can go on piling up scare heads about thousands of men being killed and wounded—among them our own kith and kin—without feeling it?

The war has meant the cancelling and curtailing of features that should have a prominent place. It has tended to exaggerate minor movements, and to a large degree it has thrown the whole newspaper machine out of joint.

It will be a happy day again when a runaway with no one hurt can get into the corner of the frontpage, and a church social will be considered once more of sufficient importance to assign a reporter to cover it.

Preserving Eggs.

Every family that uses a dozen or more eggs per week can put a sufficient number in storage to carry them through the fall and early winter. A satisfactory preservative is silicate of soda, commonly called water glass, which can be purchased at a cost of from 40 cents to 50 cents a gallon. This should be used at the rate of one part to nine parts water and the eggs completely covered with the solution. A galvanized iron or wooden receptacle may be used for this purpose.—Springfield Republican.

I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made.

ARCHIE E. LAUNDRY.

Edmonton.

MUST WORK FOR PURITY.

(Exchange.)

If affairs in the political world are not as they should be, how are they going to be remedied? Is it to be brought obout by men of ability and talent standing back, and saying that the political "game" is a thing unclean, and "I am not going to touch it with my clean hands?" Nothing is more certain to make it surer that the ward heeler and the ballot switcher will get a stronger hold on the political machine, and will wield a bigger influence in the party counsels.

Minard's Liniment Cures Diphtheria.

CAN'T BLAME THE PAPER.

(Chicago Tribune.)

We are willing to defend and uphold the weather bureau, but we cannot with safety carry this burden of accountability. A newspaper has enough to do to stand for its own mistakes. Telling the truth of what has happened is a sufficient task, without attempting to tell what will happen when weather is the controlling factor. We publish the forecasts; we do not make them. We must insist upon a strict limitation of responsibility. "The paper says" nothing at all about the weather. The government says it.

OLD MEN OR YOUNG.

(London Advertiser.)

A great poet has suggested that old age is a time of judgment and knowledge. As a matter of fact, old men are often behind the times, nor do they agree together any more than the young, except perhaps as they tend towards reaction or resistance to change.