Piles

That Dr. Chase's Ointment actually cures even the worst cases of itching, bleeding and protruding piles we know for a certainty, because of experience with thousands of cases.

To prove this to you we shall send you a sample box free, if you enclose a two-cent stamp to pay postage, and mention this paper.

Edmanson, Bates & Co., Limited, Toronto.

Dr. Chase's Ointment

WINNIPEG'S NEW WATER SYSTEM

When Completed, Will be Adequate for a Long Time.

Will Ensure Supply for Surrounding District.

Owing to the rapidly increasing growth of Winnipeg in the last few years the well system now in operation has for some time been considered inadequate for the future demands of the city, not only on account of increasing need, but also because of the extreme hardness of the water.

In 1913 the Greater Winnipeg water district was incorporated, comprising the City of Winnipeg, the City of St. Boniface and all or portions of five other municipalities surrounding the City of Winnipeg. The object of the corporation is the supplying of water from any permanent source, whether within or without the province for the use of the inhabitants of the said district for all purposes.

A board of consulting engineers was appointed to make investigation as to the most suitable means of securing a permanent source of supply, and after an exhaustive study of the problem, Shoal Lake, a branch of Lake of the Woods, was chosen as being the most feasible. A practically inexhaustible supply of water can be obtained by a gravity line about 100 miles in length from this source. The estimate of cost of this work was approximately $13,500,000 for a supply of 85,000,000 imperial gallons daily, which appropriation was authorized by the board and by a vote of citizens of Winnipeg.

The administration of the district is handled by a permanent board, consisting of the Mayor of the City of Winnipeg as chairman and the mayors and reeves of the various other municipalities of the district. S. H. Reynolds, chairman, and J. H. Ashdown are commissioners, whose duties are the managing of the undertaking. W. G. Chace is chief engineer, and James H. Fuertes, of New York, is consulting engineer for the project.

The main engineering features of the system which is some 97 miles in length comprise a construction railway with 105 miles of track, including nine sidings, spurs to gravel pits, yards and so forth; a dyke in Indian Bay and a channel for the diversion of the brown water of Falcon River into Showshoe bay; a concrete cut and cover gravity aqueduct with appurtenant works 85 miles in length from the intake at Indian bay to a site chosen for a future 250,000,000-gallon reservoir southeast of Transcona; 9.8 miles of 60-inch steel pipe between this reservoir and the Red River; a tunnel under the Red River; 23 miles of 48-inch cast iron pipe between the Red River and McPhillips street reservoir (the city reservoir now in use). The difference in elevation between Shoal Lake and Winnipeg is approximately 300 feet; the location chosen for the aqueduct distributes this head in a remarkably uniform manner along its entire length.

In the fall of 1913 active work was begun and survey parties were put into the field to find the most economical line. At the same time the designing of the aqueduct was in progress to discover the types of construction most suitable and grades proper for the conditions of the country through which the line passes, which country contains numerous large muskegs. The work progressed favorably and in the spring of 1914 the final location was established and the contract was let for clearing the right of way, which varies from 300 to 500 feet in width. A large part of this right of way was obtained by grants from the Dominion Government.

The year 1914 was spent in building a standard gauge railway along the south margin of the right of way between Shoal Lake and Winnipeg, and also in building the dyke across Indian Bay. This dyke is approximately 7,000 feet long and contains about 230,000 yards of material. A large number of drainage and offtake ditches were necessary in order to drain the right of way properly before actual construction of the aqueduct was commenced. Railway water tanks, miscellaneous railway buildings and engineers' quarters were built. Contracts for the aqueduct proper were let during the year 1914.

In the spring of 1915 the aqueduct construction commenced and this well be pushed forward with all possible speed until final completion, which is expected in the fall of 1918. For the work contracts were let in five sections to local contractors and at satisfactory unit prices.

The sand and gravel for the concrete is furnished by the district from their own gravel pits. All of the material is that passed through a screening plant and selected as to the various sizes and then remixed into suitable proportions so as to make the strongest and most watertight concrete available.

When this work is completed the Greater Winnipeg water district will have a water supply system of permanent character which will supply a very high quality of water in abundance for years to come, or until the population reaches about 1,000,000. When these requirements are exceeded the quantity as supplied by gravity may be greatly increased by pumping, prior to the installation of a second aqueduct.—Christian Science Monitor.

ARCHIMEDES' LEVER.

The Feat of Raising the Earth From a Scientific Viewpoint.

"Give me a fulcrum and a place on which to stand and I will raise the earth from its place!" That is a saying popularly attributed to Archimedes. If the required conditions were possible the feat might be performed, but in addition to providing a fulcrum and a place on which to stand Archimedes would also have to be furnished an indefinite lease of life.

To raise the earth a height of one inch by the force which Archimedes would have been capable of everting would take not only an extremely long lever, but an extremely long time, as can be readily shown.

We shall assume the following data in our calculation: That the earth is a sphere 7,926 miles in diameter and and 5.5 is its mean density; also that the lever has no weight. Should we design a real lever it would be of such enormous size and weight that Archimedes' weight would be a negligible quantity.

If the earth is 7,926 miles in diameter the volume is about 261,000,000,000 cubic miles, or 38,400,000,000,000,000,000,000 cubic feet, and if the density is 5.5 the weight per cubic foot would be about 344 pounds, which multiplied by the volume would give as the weight of the earth 13,209,600,000,000,000,000,000,000 pounds. We shall assume, further, that Archimedes weighed 150 pounds and that "the place on which to stand" was some distant star; then, if the fulcrum is one mile from the point of application of the lever to the earth the length of the power arm of the lever, or the distance of Archimedes "standing place," would have to be 88,064,000,000,000,000,000,000 miles.

To move the earth a distance of one inch Archimedes' end of the lever would have to move through a distance of 1,388,000,000,000,000,000 miles. Now, if Archimedes should take hold of the end of the lever and apply his weight of 150 pounds to it and should move off into space with the velocity of light, or 186,000 miles a second, it would take him 237,000 years to finish the job he proposed, so that now, nearly 2,200 years after making the famous dictum, he would barely have started the undertaking.—C. O. Sandstrom in Scientific American.

Making Matches.

The manufacture of matches is a complicated and elaborate process, in which are used a succession of ingenious machines and devices which must work at all times with the utmost precision and delicacy. It is now possible to turn out from a single dipping machine about 600,000 square matches an hour. A green log is made into matches and packed for shipment in less than two hours.

CHILDHOOD DANGERS

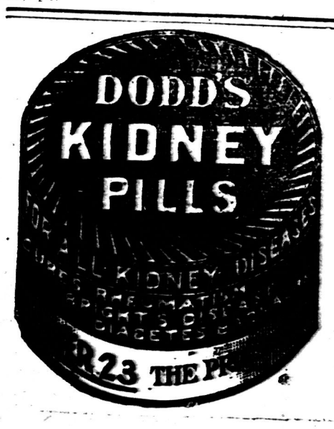
No symptoms that indicate any of the ailments of childhood should be allowed to pass without prompt attention. The little ailment may soon become a serious one and perhaps a little life passes out. If Baby's Own Tablets are kept in the house minor troubles can be promptly cured and serious ones averted. The Tablets can be given to the new-born babe as well as the growing child. Thousands of mothers use no other medicine for their little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Ocean Temperatures.

The steamer Albatross, which is used by oceanographers, makes records of deep sea temperatures. These temperature observations prove that the ocean has a far more limited range of heat and cold than the land, its maximum surface temperature being about 85 degrees F., and its minimum about 29 degrees F. in the most frigid depths, the "cold puddles" between Greenland and Norway. The average ocean temperature at a depth of six or seven hundred fathoms is 36 degrees F. One of the mysteries of the sea is a regular nightly temperature rise of half a degree at a depth of 100 fathoms. This unaccountable temperature variation has been observed by the Albatross over and over again.—American Magazine.

Just Ornamental.

Customer (looking at auto)— What, the lamps not included in the advertised price of the machine? But the lamps are shown in the illustration. Salesman—My dear sir, so is a very beautiful woman, but we're not giving a lady with each car."—Boston Transcript.



TORONTO'S MOST POPULAR SUMMER DISSIPATION IS CITY DAIRY ICE CREAM—the demand has spread from year to year until it is now on sale in nearly every town in Ontario. There seems to be something about the climate of Canada that makes it the confection that everybody craves in warm weather—infants, invalids, children or grown-ups, it makes no difference what your state or station. City Dairy Ice Cream is most refreshing, nourishing and digestible.

For Sale by discriminating shopkeepers everywhere

City Dairy Look for the Sign.

TORONTO.

We want an agent in every town.

A Giant Among Dwarfs.

The intellect and genius of Franklin were perhaps never more manifest than when, as the colonial agent of Pennsylvania, he appeared before the British House of Commons in order to undergo an inquisition into the taxation questions which were brewing the trouble which subsequently resulted in American freedom. No fewer than 300 questions were propounded to him by some of the acutest legal and political minds of the old country. To each and every one of them he replied in a masterful manner. Edmund Burke in commenting on the matter said that Franklin reminded him of "a man being examined by a parcel of schoolboys," while Charles James Fox remarked that his inquisitors were "dwarfs in the hand of a giant."

Minard's Liniment for sale everywhere

A Preserving Table.

Fruit.	Heat.	Time.
Plums	185 degrees F..	25 mins.
Damsons	185 degrees F..	25 mins.
Peaches	194 degrees F..	30 mins.
Apricots	194 degrees F..	20 mins.
Cherries	194 degrees F..	25 mins.
Gooseberries ..	194 degrees F..	25 mins.
Currants	167 degrees F..	25 mins.
Blackberries ..	194 degrees F..	25 mins.
Remark: Cook slowly.		
Raspberries ..	167 degrees F..	25 mins.
Remark: Cook slowly.		
Pears	212 degrees F..	25 mins.
Remark: Peel and core; cook in halves.		
Apples	212 degrees F..	45 mins.
Remark: Peel, core and halve.		
Tomatoes ...	158 degrees F.	
Remark: Add water and salt.		

Minard's Liniment Cures Dandruff

AN ARMY AND A MOB.

It's Discipline That Makes the Difference Between Them.

An army is not an army, but a mob, unless every item in it can be trusted to do the same thing at the same moment at the word of command. So obedience is not a virtue in a soldier, but a necessity, for unless he learns it, he cannot attain to the military virtues. It has been proved, for instance, again and again that obedience is the way to courage.

When it is a habit with men they face danger as they form fours because they are told to; and the habit of obedience is stronger in them than their natural fears. It is, in fact, part of a soldier's technique, and unless he has learned it he is an amateur liable to stage fright.

There may, of course, be an irrational discipline which destroys a soldier's intelligence, as irrational technique destroys intelligence in any craft. But the fact remains that soldiers have to learn obedience by means of a training specially designed to teach them obedience, just as a musician has to practice scales. When he has learned it he can exercise his intelligence far better than if he had not learned it because he is braver and cooler for having learned it.—London Times.

Regulating Bread Prices.

A simple plan for the regulation of bread prices was in vogue in England from the time of Henry III. to the beginning of the nineteenth century. The "assize of bread" was set every week by the authorities of every borough and manor, when the price of the loaf was regulated by the ruling price of wheat, the margin of reasonable profit being left to the baker and miller. Departure from the official price was heavily punished.—London Mirror.

Men Eat More Than Women.

That men eat 5 or 6 per cent. more than women—not becouse they are gluttons, but because they actually require that much more nourishment—appears as a result of an investigation made in the nutrition laboratory of the Carnegie institute at Washington by Francis G. Benedict and L. E. Eames, says the Literary Digest. The reason for the discrepancy seems to be that women have a smaller proportion of active tissue than men of the same weight and more inactive material, such as fat. The investigation disclosed that the average woman generates only 1,355 heat units in the twenty-four hours as against 1,63 produced by the man, or about 2 per cent. more for the latter per lb. of body weight. When groups were compared after careful selection of individuals of nearly the same height and weight the men were found to produce about 12 per cent. more heat than women.

A WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak, tired feelings, neadache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnaturel enlargements, sense of falling or misplacement of internal organs, nervousness, desire to cry palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment with ten days' trial entirely free and postpaid, also references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by this method. Write to-day. Address: Mrs. M. Summers, Box 8, Windsor Ont.

Lonely.

I have night to come, for I dread it,
I am sorry the work hours have flown.
That stairway—in sickness I tread it—
I shudder to think I'm alone.
Alone in the home—there's no feeling
Akin to such aching as this—
Alone to my bedroom I'm stealing.
No babies to cover and kiss.

Now gone are the joys and the gladness
That made it a haven of rest;
Now heavy its rooms are with sadness,
And dreary its halls at the best.
The stairway—in mockery squeaking—
I answer each night with a groan,
For this unto me it is speaking:
"Old man, you're at home and alone!"

I hate night to come with its bedtime,
I shudder to think through the day
That home, with its terrible dread-time
Awaits—and the children away.
For home, that is filled of the laughter
And prattle of innocent mirth,
From cellar to top shealf and rafter
Is the loneliest spot on the earth.

Quick Return.

"Yes, sir, I came upon a huge bear track and spent all of three hours trailing the beast to where he was lurking in his den in the rocks."
"And then what?"
"Then I spent five minutes getting home."—Houston Post.

DRS. SOPER & WHITE

SPECIALISTS

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

Call or send history for free advice. Medicine furnished in tablet form. Hours—10 a.m. to 2 p.m. and 7 to 8 p.m. Sundays—10 a.m. to 1 p.m.

Consultation Free

DRS. SOPER & WHITE

33 Toronto St., Toronto, Ont.

When Writing Mention This Paper.

BOSKIT'S GREAT GIFT.

Yearly Prizes That Come From the Fund He Left to Posterity.

Alfred B. Nobel, the Swedish scientist and inventor of dynamite, died in 1896, leaving his fortune, which was estimated at $9,000,000, to the founding of a fund of which the interest should be yearly given as prizes to those persons who had during the year contributed most to "the good of humanity." The interest is divided in five equal shares, awarded as follows:

"One to the person who in the domain of physics has made the most important discovery or invention, one to the person who has made the most important chemical discovery or invention, one to the person who has made the most important discovery in the domain of medicine or physiology, one to the person who in literature has provided the most excellent work of an idealistic tendency and one to the person who has worked most or best for the fraternization of nations and the abolition or reduction of standing armies and the calling and propagating of peace congresses."

The value of each prize is, on an average, $40,000. The awards for physics and chemistry are given by the Swedish Academy of Science, that for physiological or medical work by the Caroline institute (the faculty of medicine in Stockholm), that for literature by the Swedish Academy of Stockholm and the peace prize by a committee of five persons elected by the Norwegian storthing.—Philadelphia Press.

Sleep Without Drugs.

"Doc, how can I get to sleep without using dope?" asked a man troubled with insomnia of a noted physician.

"On going to bed assume a comfortable attitude in which every muscle is relaxed," said the doctor, "but not the attitude in which you are accustomed to go to sleep, though something resembling it. Every movement, even coughing and yawning, must be strictly repressed, especially the desire to turn over. Maintain the same attitude without change, constantly resisting the longing to move or turn over. As a rule, by the end of fifteen or twenty minutes of this you will find yourself growing very drowsy and then, just as the desire to roll over become absolutely uncontrollable turn with the least possible effort and assume the position in which you habitually go to sleep. Natural sleep should follow at once. This method seldom fails. Give it a thorough trial at least before resorting to a drug to bring sleep."—Buffalo Express.

Women With Weakness Find New Strength

For all special weakness from which girls and women suffer, no surer remedy exists than Dr. Hamilton's Pills; they maintain that bracing health every woman so earnestly desires, they uprot the disease and bring strength that lasts till old age.

The blood is richely nourished by Dr. Hamilton's Pills. Appetite increases, weakness and secret ills give way to surplus energy and reserve vigor.

No pale girl, no ailing woman can afford to miss the enormous good that comes from Dr. Hamilton's Pills; get a 25 cent box to-day.

Perfection of Womanhood.

Upon the silent sands
She stands,
And for some thousand years has stood,
The sign of perfect womanhood.
A suffragette?
Not yet,
For thus far she has never tried
To swat man's pride;
Nor by her frenzied deeds
Upset his creeds;
Nor ever cast a vote,
Nor put on pants,
Nor had the whiskers grow
On that severe expanse
Of face she shows
To every man who goes
Her Way.
And say,
In all the years and years and years
Of history—of—hopes and fears—
Oh, ladies, how in silence all,
The Sphinx has never talked at all,
The Sphinx has never talked at all,
The Sphinx has never talked at all,
THE SPHINX HAS NEVER TALKED AT ALL!
Aye, there she stands
Upon the silent sands,
And for some thousands years has stood,
The sign of perfect womanhood.
—Roseleaf.

Minard's Liniment Cures Burns, Etc.

Anne of Russia's Ice Palace.

Probably the most remarkable building constructed wholly of ice was the palace built on the Neva by the Czarina Anne of Russia. Large blocks of ice were cut and squared with great care and laid on one another by skillful masons, who cemented the joints with water, which immediately froze. The building, when completed, was fifty-six feet long, seventeen and one-half feet broad and twenty-one feet high. It was of but one storey. The facade contained a door surmounted by an ornamental pediment and six windows, the frames and panes of which were all of ice. An elaborate balustrade, adorned with statues, ran along the top of the facade and another balustrade surrounded the building at the level of the ground. The grounds were further adorned with a life-size figure of an elephant, with his mahout on his back. A stream of water was thrown from the elephant's trunk by day and a flame of naptha by night.

A tent of ice contained a hot bath, in which persons actually bathed. There were also several cannons and mortars of ice, which were loaded with bullets of ice and iron and discharged.

War will never yield but to the principles of universal justice and love, and these have no sure root but in the religion of Jesus Christ.—Wm. Ellery Channing.

ISSUE NO. 36, 1915

AGENTS WANTED.

CASH IS YOURS, AND EASY TO GET. If you take on this agency. All automobile owners want cheaper tires. We offer tires at cost to our privileged members. Membership fee in only five dollars. You save it on purchase of one tire. If you want agency for your territory you must be alert and write at once for particular and plan. When you show the plan you book the business. If you own a car you should become a member yourself. Acme Tire Club, 2 Wood street, Toronto, Ont.

FARMS FOR SALE.

ONE HUNDRED ACRES OF CHOICE land in Huron County; good buildings, convenient to school, church and station. For price and particulars, apply to Jas A. Vancamp, Belgrave, Ont. R. R. No. 1.

MISCELLANEOUS.

WAR IS HELL

So is cooking with coal or wood. Turn your old coal stove into a modern gas range by installing one of the OIL-GAS BURNERS, burning fuel or crude oil at a saving of about 25 per cent. over coal. Can be installed in your own stove or furnace. We want District Managers in every county. Will be shown at Exhibition. OIL-GAS BURNER CO., 103 Yonge street, Toronto, Ont.

Bad Spellers.

Lord Wolseley noted that spelling had been the weak point of many great commanders. He was defending Marlborough against the charge of illiteracy, brought by Lord Chesterfield for one, who said he was "eminently illiterate, wrote bad English and spelt it worse." "Wolseley replied that a great many of Marlborough's distinguished contemporaries, such as Lord Chancellor Somers, spelled quite as badly and that Wellington and Napoleon also were among those who could never learn to do it properly.—London Telegraph.

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.

The Robins.

"The robins are not good solo singers," wrote Lowell, discoursing of his garden acquaintance, "but their chorus, as like primitive fire worshippers they hail the return of light and warmth to the world, is unrivaled. There are a hundred singing like one. They are noisy enough then, and sing, as poets should, with no after thought. But when they come after cherries to the tree near my window, they muffle their voices and their faint pip, pip, pop! sounds far away at the bottom of the garden, where they know I shall not suspect them of robbing the great black-walnut of its bitter-rined store. They are feathered Pecksniffs, to be sure; but then how brightly their breasts, rather shabby in the sunlight, shine on a rainy day, against the dark green of the fringe tree! ....For my part I would rather have his cheerfulness and kind neighborhood than many berries!"

St. Isidore, P.Q., Aug. 18, 1894.

Minard's Liniment Co., Limited.

Gentlemen—I have frequently used MINARD'S LINIMENT and also prescribe it for my patients, always with the most gratifying results, and I consider it the best all-round Liniment extant.

Yours truly,

DR. JOS. AUG. SIROIS.

Sickroom Clothing.

Clothing used in the sickroom never should be put in the laundry bag after it is used. Place it in a clothes boiler at once and cover with boiling water and soap solution and allow to come to the boiling point. Clothing used in infectious diseases should be treated this way for three succesive days. This not only kills matured bacteria, but any undeveloped spores as well. When the sickroom clothing is of thin, delicate fabric one washing in the soap solution and hot water, followed by rinsing in hot water, will be sufficient. In such material the heat of the iron in ironing will complete the sterilization. It is advisable always to have some of the soap solution ready for use. Cut the soap in small pieces, cover with cold water and set on the back of the stove to dissolve. For one boiler of clothes use enough solution to make a thick suds.—To-day's Magazine.

Minard's Liniment Relieves Neuralgia

White Man's Graveyard.

Africa is a remarkably beautiful country. Its coast lines are picturesque, graceful, fascinating, alluring. Its seaport towns and cities are usually clean, pretty and reasonably healthful. Equatorial Africa has, until the last two decades, been called the white man's graveyard, but clean living, quinine, mosquito netting, sobriety and sanitary improvements have made Africa a place where one can not only exist, but live in as much comfort, take it all in all during the year, as in the city of New York.—New York Telegram.

How to Keep Things.

Keep meal and flour in a cool, dry place.

Keep yeast in wood or granite ironware.

Keep fresh lard in granite ironware vessels.

Keep vinegar in wood, glass or granite ironware.

Keep crusts and pieces of bread in a granite ironware bucket, covered closely, in a dry, cool place.