

When nothing better is at hand, a raw potato will relieve the pain of a dressed with sweet oil.

To remove paint from windows or other glass, wet a woollen cloth with serving. For early breakfast cook at ammonia and apply to spots, rubbing briskly. If some stubborn spots remain, scrape them off with the edge of a coin.

Add a cupful of boiled rice when next you need a beef loaf and it will keep nice and moist till eaten.

It is said that one tablespoonful of flour of sulphur in a pint of rum will remove moth patches or brown spots on the face. Apply to the patches once a day, and in a few weeks they

will disappear.

French chalk placed for a few hours on a soiled spot in either a gown or drapery will remove the grease. Rag rugs made of cotton wash well. These are inexpensive and are often

just the thing for the kitchen as well as other parts of the house. When you find fruit stains on table linen, wet stains with a little camphor. If this is done before linen is

wet it will remove stain. It is a good plan to buy a cheap teapot for melting paraffine. Always keep it for that purpose. The melted paraffin pours so easily just where it is wanted and need not be all used at one time.

A little potato, barley, sago, tapicca or soft breadcrumbs may be used for thickening a puree, quite as effectively as a roux of flour and butter.

To clean enamel bathtub, cut a lemon in half, dip in salt, use on asy tub, then wash with hot suds roughly till tub shines

ivory may be restored to its original whiteness by painting it with spirits of turpentine and putting ft out in the sunshine for two or three

#### MOTHERS OF LITTLE ONES

No mother of young children should lets. The Tablets are mothers' best friend and are as good as a doctor in the house. Concerning them, Mrs. F. Wurger, Ingersoll, Ont., writes: have used Baby's Own Tablets for the past eight years and would not be without them. I can highly recommend them to all mothers of young children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## The Good Old Times.

At one time in Rome political offices were auctioned off in public to the highest bidder. in ancient Grece theft was not considered so much of a disgrace as being caught at it. Our prisons are not ideal, but we

have made progress in dealing with crime. There were formerly fourteen ses in Delaware punishable by hanging. In the early history of Connecticut lying "that foulle and gross sin," was punishable with five stripes at the whipping post and confinement in stocks; people were imprisonment in awful dungeons for debt. In Rome men were sold into slavery to pay debts; creditors could tear the body of the debtor to pieces, each receiving a piece according to the size of his

To-day is the best day creation has wer seen. For 2,000 years the Sermon the Mount, like heaven, has been eating the hearts of men. At last that which is good can endure. of time burn out the dross. s "one far-off divine event. which all creation moves." It perfection—but it is not here.—Les-

inard's Liniment Cures Diphtheria,

#### A Rare Bird.

The lowest form of bird life which exists is believed to be the kiwi, or Anterva nanted, of New Zealand, It is so scarce, however, that scientists consider themselves lucky to get a specimen in any condition .It is without wings or tail; its legs are short, but very strong, and are used for digging. The chief food of the bird is earthworms. The body covering is a cross between hair and feathers. The kiwis develop great speed and make esperate fight when attacked. A characteristic is that during he day they conceal themselves under he or roots of trees and when at then it is curled up. Efforts to od only a few museums can

Out All Spirite and America.

The English bake their cigars theregity is the even until all of the mainure and nicetine are dried out. As is rell known, they have the pick of ' a obsect stop over there, and what they uply to the best of eights might well be administered to those of inferior quality which are smoked in America. Here is what every smoker should do: First, loosen the cigars in the box and let them stand on or near a stove

or radiator until absolutely dry.

A moment before smoking wash the cigar in water on the outside and en well the wrapper. This may dampen well the wrapper. This may be done at the table by holding the el-gar by the tip in a glass of drinking water, taking care not to wet the filler. Then wipe the tip end before cutting it off on the napkin. Water revives the leaf and restores its natural flavor.

What you have previously dried out in the oven is not water moisture. It is the bay rum and other spirits which are frequently sprinkled over the cigars after boxing to keep them looking fresh. Both the wholesaler and the retailed often sprinkle them again before showing them to customers. It is these spirits that impart such a strong odor to clothes in which cigars are carried. Drying and washing afterward will make for a better smoke, to say nothing of better health, in cases where very cheap spirits have been used on the cigars.—Cleveland Plain Dealer.

How to Cook Roman Meal Porridge, Invariably use double boiler, or set boiler in basin of boiling water. Have water boiling in both vessels, that in inner one salted to taste. Slowly stir burn. Later the wound should be in one cup Roman Meal to cach two cups of water. Cover, get in outer vessel, and never stir again even while evening meal and warm in morning, using a little less Roman Meal. It's dark, nutbrown, granular, rich porridge. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." Ask your doctor. Al- grocers, 10 cents and 25 cents.

Made by Roman Meal Co., Toronto.

#### BRINGING UP CHILDREN.

#### There Are Some Curious Customs in This Queer World.

There has been much discussion over the proper bringing up of children, but ideas continue to differ. And the farther you get away from home the stranger the ideas seem. The Filipino father cries out with

proud delight as his three-year-old girl baby takes her puff at her first cigar. Among the Seri Indians of the guif of California the father is the last one expected to have any influence on the children. The mother rules the younger members of the family, and when she must enforce her authority by

physical force she calls, not on the father, but one one of her brothers or some other male adult of her family. The father must never chastise his children. The Navajo father administers pun ishment to his children very much as any other father does, but the Navajo

boy has a means of protection denied to white boys. He has only to catch a rat by his own unaided efforts. From the moment he has accomplished this feat, no matter how young he may be, his father may not lay hands on him.

The children of the Point Barrow Eskimos have special training in politeness to foreigners. In conversing with strangers who make mistakes in be without a box of Baby's Own Tab- the native dialect children must carefully note those mistakes and repeat them, even to imitating the wrong pronunciation of words. To speak correctly in such a case is likely to bring punishment from the parent of the child .-New York Sun.

#### Art.

Nobody has yet been able to define art correctly, because every conception of art differs with the individual. Nobody really knews what truth is, yet art is said to be truth plus personality. Personality itself is our most incomprehensible enigma.

Art must possess a supreme and coninstantly increasing interest. The hest and most unfailing test of art is when it endures. Time, therefore, is necessary to proclaim it. All masterpieces turned out overnight are not to be trusted.

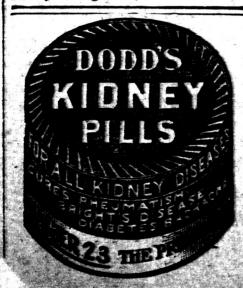
The true artist is, therefore, most likely to be unknown. Time crowns him master with one hand and destroys him with the other.-Life.

Minard's Liniment Cures Garget in Cows.

### Birds' Songs.

French writer says that notwithstanding the fact of their simplicity the songs of birds cannot be imitated with musical instruments because of the impossibility of reproducing their peculiar timbre. The notes of birds. while corresponding with our musical scale, also include vibrations occupying the intervals between our notes. The duration of birds' songs is usually very short, two or three seconds for thrushes and chaffinches, four or five seconds for blackbirds, but from two to five minutes for the

There is no greater sorrow than to be minded of the happy time in misery.-Longfellow.



Rub Nerviline p Nerviline is effective because powerful about five times str than an ordinary liningent. Ner

are. Every good dealer in its the large 50e family size wellist, trial size 25c, or soreness and congestion really are. Its action is marvellously soothing. Rubbed on at night, it draws out the inflammation, and before morning nation, and before morning

## EARTH NOT YET CROWDED

s, gets right in where

When Augustus Caesar ruled world the total population of the globe was put at only 50,000,000. One hundred years ago it had increased to 700,000,000. To-day it is estimated at .600,000,000.

It is said that when Columbus disovered America there were about 300.-000 Indians within the confines of what now comprises the United States. At the time of the Revolution there were 3,000,000 white men-now there are over 90,000,000.

The question has been asked: What will be the growth of the population in the future? An officer of the Census Bureau sums up the various factors and tendencies and estimates the population of the United States for the year 2000 as 207,000,000.

This very fascinating question was first brought before the public something like a century ago. An English clergyman named Malthus startled the world by suggesting, in an essay on the subject, that the population was increasing faster than the food supply, and that the misery and starvation among the poor in those days was the inevitable result of the working out of this principle.

Should the whole world actually become crowded with people as cities now are, the wholesale starvation among the poor in those days was the inevitable result of the working out of this principle.

Should the whole world actually become crowded with people as cities now are, the wholesale starvation prophesied by Malthus would seem inevitable; but placing the blame of the present poverty and misery upon the increase of population is a very difficult proposition. In fact, the world's experience since Malthus' day has thrown considerable light upon his theories.

One thing that we have learned that the increasing intelligence of man has and may for a long time yet to come cause the food supply, on a more generally speaking, wealth, to increase as fast or faster than popu-

PROPORTION OF WASTED WEALTH.

Another thing we have learned is that the proportion of wealth wasted by the rich does not necessarily remain the same. Indeed, it has recently suffered considerable increase, and some optimistic people are of opinion that it is presently going to grow less again. Either way it is a factor that insists on intruding and unceremoniously upsetting all nicely-calculated ratios between production and population, which, left to themselves, should accurately reveal the starvation of the future.

Dr. Woodruff, in a work called "The Expansion of Races," tries to reconcile the Malthusian theory with facts as we now know them. He lays down a new rule, from which we learn that their is neither danger of general starvation from the population outrunning the food supply nor of the other extreme of race suicide in the midst of plenty. Woodruff holds, with the Malthusians, that the population of the world is directly dependent upon the food supply, and that the great increase within the last century is directly due to the greatly increased productive capacity of the earth, which in turn is sue both to the colonization of new lands and the great advance in technical knowledge and labor-saving machinery.

If we accept the Woodruff theory we must predict the future population of the world from the rate of the food supply rather than from any fixed rate of multiplication of the human species. As a matter of fact, the world's possible food supply, while not limitless, is at least so much greater than our present production that it puts the world's final population limit far beyond our time or the times of our great-great-grandchildren.

When the wheat crop runs behind and the world has become so crowded that the temperate zones cannot sunply men with food, transportation will have been so well developed that the vastly fertile regions of the tropics can be utilized for food production and the temperate zones be given over to manufacturing, residential and recreation purposes. Such an arrangement will greatly extend the possible limit of the number of human beings which the world can support, for food production is chiefly the process of water and carbondioxide being converted into starch and sugar by the action of the solar rays.

An acre of ground in the warm moist tropics, with a 12-months' growing season, is capable of producing several times as much food as an acre in the temperate zone, where the really good growing weather lasts only for two or three months.

All of the surface of the earth may some day be fully utilized for the purnature. The limit to population will lake keeps actively at then depend upon our progress in failing the fresh currents circu plant and animal breeding and our in-bereath it.

nts in the manufacture of arofficial fertifizers, which we are already making from the nitrogen of the air by the aid of electricity generated by water power.

If we ignore for the time the consideration of such future technical rogress we can get something of an idea of the world's capacity to support population from the present condition of Japan, where extensive cultivation is now about as highly developed as our present knowledge permits. Japan is a mountainous cour try with considerable waste land. On a basis of Japanese population density the rest of the world, excluding deserts and polar regions, would hold 135,000,000,000 persons of which the share of the U.S. would be about 1,-000,000,000.-New York Sut.

#### DRY SUGAR PRESERVING.

#### A Seasonable Bit That You May Like to Know.

Successful dry sugar preserving is not difficult. After going over the fruit carefully to see that it is sound, elean and dry, embed it in a thick layer of dry powdered sugar. Fruits give up the greater part of the water contained in them to the sugar, and, at the same time, a quantity of sugar passes through the interior skins into the interior of the fruits. When the fruits are sufficiently preserved, wash them once, wipe and let them completely dry.

Mansonville, June 27, 1913. Minard's Liniment Co., Limited, Yarmouth, N. S.

Gentlemen,-It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of you Liniment on a case of paralysis which my father was afflicted with. I was able to restore him to normal condition. Hoping other sufferers may be tenefited by the use of your Lini ment, I am, sincerely yours,

GEO. H. HOLMES.

EXTERMINATING PESTS. Buffalo Moths.-This little black fel-

low is not a meth at all, but a pertle or carpet bug, but "moth" is quite appropriate, for he creates sad havoc among floor coverings. Common salt sprinkled freely on the floor underneath the edges of the carpet has reduced the ravages of the bug materially. Kerosene is reputed to destroy them. Benzine is quite effective, but its highly inflammable character should always be borne in mind. It should be applied only in the entire absence of fire or light, as the vapor fermed by its evaporation readily ignites at long distance from its

As to Ants.-To keep ants from running up table iegs or cupboards, smear Peru balsam on these articles. To drive them away from closets, pantries, etc., chalk the shelves upon which the provisions are put; or soak bread crumbs in tincture of quassia and lay them about the closet. Powdered cloves is said to drive them away, and powdered borax will exterminate both red ants and black ants. Saturate a sponge with sweetened water and when the ants have gathered plunge the sponge in boiling

Flies, Gnats, Etc.-Every lover of animals is distressed to see how flies, gadflies, gnats, hornets, etc., make miserable the lives of our good domestic friends of the barnyard in summer time. The best protection for animals against these, says the Pharmacentische Zeitung, Berlin, is encalyptus oil, but on account of its dearness it is generally mixed with laurel

cil. A highly effective protection is made by adding enough creolin to encalvotus water to cause a milky turbulence, and with this wet the parts of the body exposed to attack, using a sponge as a vehicle. Be careful not to get too much creolin, for excess adds nothing to the efficiency of the preparation, and it would make the hair rough and unsightly.

Mosquitoes and Gnats.-A solution of beef's gall in spirits of camphor and spirits of turpentine does excellent service in destroying these.

Burning a small quantity of Persian insect powder in a room is said to be efficient in driving away mosquitces. Minard's Liniment Cures Distemper

Ceilings and Ventilation.

Rooms with low ceilings or with ceilings even with the window tops are susceptible of more perfect ventilation than those with high ceilings. in such rooms the leakage at the windows, which is constantly going on. keeps the air in motion throughout the room, whereas if the ceiling is higher only the lower part of the air is moved, and an inverted lake of foul and hot air is left floating in the

the middle ages and is the see period brides were crim-te conclusion of all other colors. Most of the Plantagenet and Pudor quiens were married in that vivid hus, which is still popular in parts of Brittany, where the bride is usually dressing in crimson brocade.

changed the color of the bridal garments. At her marriage with Francis II. of France in 1558, which took place not before the altar, but before the great doors of Notre Dame, she was gowned in white brocade, with a train of pale blue Persian velvet six yards in length.

This innovation caused a great stir in the fashionable world of that time. It was not, however, until quite the end of the seventeenth century that rure white the color worn by rayal widows became popular for bridal garments.-London Sketch.

# Doctors Condemn Then

a 25c. box of Dr. Hamilton's Pills.

(By H. Hamilton Fyfe.) The Westminster Gazette announces that in the towns of Willesden and Wood Green, near London, the authorities have ordered that all the children in the national schools must learn Russian.

minster Gazette has sometimes been inclined to hide the truth, I do not be noun, adjective, and pronoun has nominative, vocative, accusative, genitive, their "cases" correctly, while the in flerions of verbs are even more painful still. Yet, although that thought afflicts me, although it would be absure to advocate the adoption of Russian as a general subject in schools. there is a great deal to be said for the learning of the language of our Allies by all whose business is likely to brigh them to Russia. Indeed, no one should attempt to come and do business without knowing the language, or enough fo it, at all events,

to suit his purpose. This latter requirement is within reach of all. I know a man (and there are many like him) who represents a big British firm here. He can talk in Russian fluently about the business of that firm, but there his conversation stops. He can scarcely rea da newspaper. On other subjects than his work he has no vocabulary. Yet even this limited accomplishment is of enormous value t ohim, and it cost him

There is no more foolish mistake tha nto believe that one can "get on" In Russia with French. French is spoken by diplomatists, by some of the higher officials, by most educated women, by a fair number of educated men who have also travelled. German used to be talked a great deal among business people in the capitla and in Moscow before the war. Now its use is forbidden. But outside these cities and Odessa even French and German togethe rare useless substitutes for Russian, as I discovered when I travelled all over Russia four years ago. All who want to do good business with Russians should be able to talk with them in their own language: if possible to chaff them (for the Russian is great on chaff), to chat with them, to make friends with them. Business and friendship are closely bound together here, more closely than in any other country I know.

#### Mo"er's Bo-Peep.

My little Bo-peep is fast asleep, And her head on my heart is lying, gently rock, and the old hall clock Strikes a knell of the day that's dying:

But what care I how the hours go by. Whether swiftly they go or creeping? Not an hour could be but dear to me, When my babe on my arm is sleep-

Her little feet, with dimples sweet Frem the folds of her gown are peeping. And each wee toe like a daisy in blow.

I caress as she lies a-sleeping; Her golden hair falls over the chair. Its treasure of beauty unfolding: press my lips to her finged tips That my hands are so gently hold-

eld clock, It was foolish what I was saying: Let your seconds stay, your minutes

It was Mary Stuart who first

# Avoid Harsh Pills!

Most Pills unfortunately are harsh and drastic; they cause inflammation and great discomfort. Rather like nature is the way a pill should act, mildly, but effectively. Science has established bothing more satisfactory as a family pill than the old reliable pills of Dr. Hamilton's, which for forty years have had a premier place in America. Dr. Hamilton's Pills are very mild and can be effectively used by the aged, by children, and indeed by men and women of all ages. No stomach or bowel medicine is more reliable. No remedy for indigestion, headache or biliousness is so effective, so mild, so certain to quickly cure as

#### ON LEARNING RUSSIAN.

Now, although I am afraid the Westinclined to hide the truth, I do not be lieve that it would manufacture lies. Therefore I am quite sure it has not announced anything of this kind. I recoil from the thought of unhappy little boys and girls in elementary schools tackling the Russian thirty-six letter alphabet to begin with, and than going on to discover that every dative, ablative, and must be put into

very little time or trouble.

ing.

Tick, tock, tick, tock, you may wait,

And your days go all a-Maying. O Time! stand still-let me drink my fill Of content while my babe is sleep-

FOR SALE OR SALE-PANCY PR

SKILL OF THE BEAVER.

As a Canal Digger He is an Kngineer of Rare Ability.

According to a legend, the beaver in man, put back on cearth to explain past offences by work, and in some of the early drawings it is depicted with the face of a man. And when we consider its extraordinary intell and skill as woodcutter, en (dam and canal maker), house build er and food storer the notion does n seem at all farfetched. Describing the canals which the animals make by scooping out the earth with

hands, A. R. Dugmore in the mance of the Beaver" remarks: "It might be presumed that the canals are only run through level country, but here is the greatest evidence of the engineering ability of the beavers: They build their canals uphill by means of weirs or dams. the distance between them varying according to the gradient. Yet they never work uphill unless it is made absolutely necessary by the contour of the land. The width of these canals is usually about three feet, with a depth from one to three feet, seldom deeper except when small pools are made, evidently with the idea of providing a hiding place in the event of danger. The direction of the canals must necessarily be variable. Wherever conditions are favorable they are as straight as though laid out by human engineers, but when there is any advantage to be gained by curves they make curves."

## Better Than Spanking

ficulties by day or night.

To Make French Dressing. Have all ingredients cold. And have the mixing bowl cold Rub the bottom of the bowl with

garlic.

Or a freshly cut onion may be us Put into the Fewl then half a tea-

spoonful of soft. Until the salt has been dissolved this rubbing must be steadily contin-

Keep on this rubbing, adding from four to six tablespoonfuls of olive oit. Next add a selfspoonful of pepper and begin rubbing with the wooden spoon.

Then begin adding a tablespoonful of good vinegar or lemon juice. Beat a moment after it is in. Ust at once, pouring over a dish of lettuce leaves or other green salad.

dried and arranged in a caise bowl. Minard's Liniment Cures Colds, Etc.

which has been theroughly washed,

### 'THE SOLDIERS' GAZETTE"

Sir Thomas Shaughnessy has written the following open letter in the interests of the "Soldiers' Gazette":

"At a time when so many public spirited Canadian women are working for those at the front, it is almost invidious to specify any one particular activity, but the untiring industry of Mrs. D. Forbes Angus, President of Queen Mary's Needlework Guild, and of the ladies associated with her, deserves special consideration, particularly in connection with their publication 'The Soldiers' Gazette.' This is a weekly summary of Canadian news. compiled by these ladies from the leading newspapers of each Province in Canada. Fifteen thousand copies are printed each week and distributed in the proportion of one to each seven soldiers of the Canadian Contingent overseas. The news from home contained in the 'Gazette' is highly appreciated by our gallant soldiers. many of whim have little opportunity of seeing a Canadian newspaper. The publication is printed at less than cost, through the generosity of a Montreal newspaper proprietor, but. even so, further funds are required to carry on the publication, especially in view of the fact that the number of Canadian overseas is steadily increasing. Large subscriptions are not required, but any small amounts sent to Miss Shaughnessy, Honorary Treasurer at the office of the Queen Mary's Needlework Guild, Windsor Station, Montreal, will be spent in this good cause."

Being Old at Forty. Few men need to be old at forty un-

less they choose. In a large measure it is an optional matter. If one keeps his nose to the gringstone of business, eats too much, induiges himself too freely, gets no physical exercise, and takes his business cares home to bed with him every night he is pretty likely to be too old when he becomes forty. The suggestion that a manor woman-is old at forty ought to be absurd. That it is not absurd is something of a reflection upon that portion of us who, because we are unwilling to take a little trouble, are actually bringing on age at forty.—Cleveland

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