

ZAM-BUK

Ready Relief—No potent
coughing matter.
Antacid—Stops blood-
poisoning, fever, etc.
Soothing—Ends quickly the
pain and smarting.
Heals all sores.
—
No. 200. All Druggists and Stores

ANTIQUES

The word "antiques" is more elastic than any other word in the language. Its meaning stretches back to the remotest period of the world's history, and it embraces a greater volume of objects than any other word.

It appropriately begins with the initial letter of our alphabet and is applicable to every product of mankind's ingenuity from the very earliest time that art began to assist nature in establishing and developing the handicrafts which carried mankind from the barbaric to the civilized state.

It is only through antiques that we can preserve object lessons of the traditions of the industries have enabled the world to advance, every period adding to its wealth of usefulness, and each accomplished foundation giving birth to further necessities demanded to ensure our creature comforts.

We have only to look around our own homes to see the evidences of these advances, and particularly in this so when we approach the subject of antiques from the most homely examples, as for instance the chair we sit upon, the platter we eat off, and the glass we drink from. A study of these simple subjects from the antiquarian point of view will be well worth the trouble; it is as instructive to the young and entertaining—sometimes even amusing—for young and old, and will go far towards giving more than a sentimental interest and value to our more or less treasured heirlooms handed down to us by many a happy generation.

Linking these commodities together for illustration, we find wood carving and pottery making, two combined crafts from the very beginning.

As in most authenticated facts in history, we can go to the bible for our proofs. Four thousand years ago the wood carver and the potter were at work—Genesis vi-14. "Make them an ark of gopher wood"—Genesis xi, 3—"let us make brick and burn them thoroughly." The potter's wheel was a very early devised aid to craftsmanship—Jeremiah xviii-3. "Then I went down to the potter's house, and, behold, he wrought a work on the wheels." These antique wheels were of carved wood, made to revolve, one upon the other by a motion of the foot of the operating person; a potter's wheel of exactly this form and turned by the foot is still operated at the porcelain factory of Sevres, France.

The Egyptians and the Greeks used the potter's wheel in very remote periods, the latter producing upon it most beautiful forms, unsurpassed even to this day.

The implements of the wood-cutter's craft are also of great antiquity, as we know from ancient Greek lore. Many of the tools used in the present day can be traced to their ancient origin. We are all familiar with the saying "necessity is the mother of invention," but how few of us ever give a thought to the inventions of such commonplace articles as the axe, the level, the saw and the compass, tools of absolute necessity.

Daedalus and his nephew, Talos, Greek sculptors, who lived thirty-one hundred years ago, are accredited with being the inventors of these tools, and it is possibly owing to their inventive powers that some historians have attributed to them the first use of the potter's wheel. The story of antiques is a record of the world's inventions and handicrafts, from which many chapters may be written, full of enlightenment and instruction and it is not difficult to connect these records with the efforts of our "Wedgwoods" and our "Spodeys," our "Chippendales" and our "Sheratons," who gave us in their day the objects of beauty, comfort and usefulness we now regard as our most cherished "antiques."

WANTED—TEMPERANCE TIPPLE

(Buffalo News)
Whether prohibition is a complete answer to the drink problem is an open question. But we believe in providing sound measures for the prevention of intemperance.
And we suggest that one of the great auxiliaries of temperance would be the provision of a wholesome temperance tipple.
For is it not a fact that to satisfy this innate craving for alcoholic drink where it is not to be procured, often a substitute is used that is even more evil in its effects than the prohibited beverage?

ROBERT JUNOR
62 King St. East
HAMILTON, - - - ONT.
IMPORTS
CHINAWARE
POTTERY
GLASSWARE
FROM THE BEST EUROPEAN MANUFACTORIES.
ANTIQUES
IN EARLY PERIOD FURNITURE, OLD SILVER, RUGS, CURTAINS, ETC.
Inspection and Correspondence Invited.

The Housekeeper

When next scrambling eggs, add just a few slices of sweet green pepper, chopped fine, and cook in a little butter.

Good way to bleach handkerchiefs when it is not convenient to hang them out of doors is to wash them and then let them soak overnight in water in which a little cream of tartar has been dissolved.

Brown bread, cut in thin slices and spread with strawberry jam or peach marmalade and covered with a layer of cream cheese, makes a novel and delicious luncheon sandwich.

If silver which is not to be used often is kept in dry flour it will not tarnish and will need only to be brushed off when wanted for use at a moment's notice.

Rub your nickel stove trimmings with whiting and kerosene and see how nice they look after polishing with dry cloth.

A gas stove should be thoroughly cleaned once a week. The best things to wash the inside fixtures with is strong soda water. Dry well.

To test bread for baking, pinch up a little on the top of the loaf, and if it stays up, it's ready for the oven.

The most stubborn glass stopper can be removed from a bottle by inserting the stopper in the crack of a door at the hinged side. Close the door as tightly as you can on the stopper without breaking it, and then gently twist the bottle back and forth until it is loosened. Patience may be necessary, but the plan is bound to succeed.

Cut flowers, particularly hard-stemmed ones, such as roses or carnations, may be kept fresh for many days by burying the stems in a vase filled with a mixture of powdered charcoal and sand. Keep the soil moist all the time.

FOR BREAKFAST-TOMORROW

Serve Dr. Jackson's Roman Meal. You'll find this dark nut-brown, coarsely granulated food very delicious. It has a taste different from any other cereal. It is exceedingly nutritious. It prevents indigestion. It is guaranteed to relieve constipation or "money back."

Ask your doctor about Dr. Jackson's Roman Meal.

We and 25¢ at grocers. Follow directions closely and do NOT stir while cooking porridge.

Try Roman Meal Nuggets, the ready-cook form of Roman Meal. Serve with hot milk or soften with boiling water. Pour off and add milk and sugar.

Made by Roman Meal Co., Toronto.

THE REMEDY FOR ANGER

The greatest remedy for anger is delay; beg anger to grant you this at the first, not in order that it may pardon the offense, but that it may form a right judgment about it; if it delays it will come to an end. Do not attempt to quell it all at once, for its first impulses are fierce; by plucking away its parts we shall remove the whole. We are made angry by some things which we learn at second hand and by some things which we ourselves hear or see. Now, we ought to be slow to believe what is told us. . . . If you were about to give sentence in money you would take nothing as proved without a witness, and a witness would count for nothing except on his oath. You would allow both sides to be heard; you would allow them time.—Seneca.

Minard's Liniment Cures Diphtheria.

Famous Dams.
The construction of the gigantic storage wall, known as the Burrinjuck dam, the most interesting part of the New South Wales irrigation scheme, was a clever piece of engineering work. Indeed, it ranks as one of the greatest dams in the world, both in regard to height and volume of water impounded. It is 236 feet high, 168 feet thick at the base, tapering to 18 feet at the top and some 730 feet in length. The famous dam at Assuan, on the Nile, has a total height of only 156 feet, while the great Croton and Roosevelt dams in America eclipse the Burrinjuck structure by only a few feet. It is a massive wall of concrete over thirty feet higher than the London monument. This colossal structure, however, had to be built across the bed of a river subjected to floods, in a deep gorge whose sides were so steep that it was impossible to establish workshops upon them.—London Mail.

Minard's Liniment Cures Colds, Etc.

More Effective Than Cursing.
Babylonian tablets, declared to be the oldest writings in existence, relate how farmers of 6,000 years ago fought locusts and caterpillars in their fields. The translator avers that they called in a necromancer, who thus brought his artillery into play:
"He broke a jar, cut open a sacrifice, a word of cursing he repeated, and the locusts and caterpillars fled."
It must have been a powerful "word of cursing" he repeated. Fity it is that it has been lost. These plagues have been "cursed out" good and plenty in all modern tongues, but they have calmly continued their work of crop devastation. Possibly through the centuries they gradually became hardened to such verbal warfare and declined to abdicate until the man came with the insecticide spray. Then is the time for disappearing certainly. Breeder's Gazette.

White Animals Among the Japanese

A white fox is often mentioned in the Japanese fables, and a white serpent appears in the pictures of Ben-ten, the goddess of fortune. Among the Japanese, as among the ancient Greeks and Egyptians, white horses were dedicated to the gods and are still attached to the larger temples of the country. The milk and butter of white cows were formerly prized as a medicine.

AGING LINES AND SORE JOINTS CURED! ALL RHEUMATIC TENDENCIES DESTROYED!

Away Go the Crutches, Every Sufferer Made Well Quickly.

Old age is usually afflicted with rheumatism. Very few past fifty escape its tortures. Many it bends and deforms. Upon the countenances of others it marks the effects of its awful suffering. Nervine will cure rheumatism. It takes the pain out of throbbing muscles and swollen joints. It untwists gnarled knuckles. It does this quickly and surely. Nervine is not used internally. You just rub it on—lots of hard rubbing is required for a minute or two, and

then you feel Nervine penetrating through the tissues; you feel it drawing out the congestion, feel it sink in deeper and deeper till at last it touches the core of the joint or the heart of the muscles affected. You won't stay in pain with Nervine—no one ever does. Just try it. You are amazed at its magical power over pain, a power it gets from the extracts and juices of certain rare herbs and roots it contains. Its harmlessness may child can use Nervine, can rub it on for a sore throat, for a bad cold, for stiff neck, for earache. No family remedy, hence so useful. The large 50 cent bottle is the most economical; trial size 25 cents. All dealers, or the Cattarhosone Co., Kingston, Canada.

THE RIGHT COLOR.

Here is a Good Way for Madame to Choose the Proper Shades.

The becomingness of new colors is one of the chief worries of women who prefer to buy materials rather than ready-to-wear frocks and suits. It makes no difference how becoming the style; if the color is unbecoming the wearer usually finds it impossible to feel thoroughly comfortable in the dress.

One of the easiest and most satisfactory ways of settling this question of becomingness is by using tissue paper. This paper can be had at a very slight cost and in practically every shade in any stationery shop, or any shop where supplies for fancy work are sold. A single sheet of each shade is ample. Stand in a strong light before a truth-telling mirror, and with your shoulders bare crush the paper up around your neck. Try each shade, one at a time. Then try them together. It will be found that some colors, though becoming when alone, are quite the reverse when used in certain combinations.

Some colors intensify the color of your eyes and enhance the gloss of your hair. While others will make your eyes look washed out and your hair rusty. Sometimes this effect may be lessened to become almost unnoticeable by the use of white next to the face. Make this test before discarding a favored color by crushing a sheet of white paper about your neck and draping the desired color about your shoulders.

Again, some colors can be worn over the face when under the face they are decidedly unbecoming. This is often true of various shades of rose, the browns and the more delicate shades of green. A woman who would look ghastly with unrelieved green about her throat can often wear a green hat with a black facing or a black or white hat with green trimmings with the best results. Several shades of rose worn under the face bring out all the tell-tale wrinkles and lines, while if placed over the face it gives a becoming glow.

When using tissue paper for finding becoming colors be sure to match the color when buying dress materials. If buying personally take a scrap of the paper with you. If ordering enclose a piece large enough so that the person who fills your order cannot make a mistake. In both cases keep a part of the paper, not only to make sure of the match, but for future reference.

What is becoming one season is not always so the next. One of the commonest mistakes made by women is fancying that a color once becoming is always so. Age, illness, the addition of half a score more pounds of flesh, as well as the loss of it, all tend to change our appearance. Hence the becoming colors. The woman who aims to be well dressed does well to study herself and the becomingness of colors.

PILES CURED at HOME by New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write today to Mrs. M. Summers, Box P. 2 Windsor, Ont.

Antiquity of Smyrna.

Smyrna can lay claim to a loftier lineage than perhaps any other city on the earth. It is her proud boast that from the earliest dawn of history her continuity of name and fame is unbroken. It is in this spirit that she claims Homer for a citizen. His river, the Meles, which gave him a name, runs near the city, and the cave is still shown where he wrote his poems. Smyrna has not been slack in appropriating Homer, endowing him even with a local temple. The saddest chapters in the history of the city are those which record earthquakes and massacres of Greeks by Turks.

DODD'S KIDNEY PILLS
FOR KIDNEY, RHEUMATISM, GRAVEL, DIABETES, ETC.
23 THEATRE

THE STRASSBURG CLOCK.

Its Many Remarkable Features That Make It Famous.

Strasbourg, the capital of Alsace-Lorraine, is remarkable for the great clock of its cathedral.

This clock, which is twenty feet in height, was made by Jean Baptiste Schwilgue in 1842. Besides various astronomical devices indicating true solar time, it has a great planetarium in which the revolutions of the planets are represented, so that the relative positions of each at any time can be seen at a glance.

Then on a platform above are movable figures representing the four ages of man. At the first quarter of an hour a child strikes the bell with a rattle; a youth in the garb of a hunter strikes it with an arrow at the half hour; at the third quarter a warrior strikes it with his sword, and at the fourth quarter an old man strikes it with his crutch. Then a figure of Death appears and strikes the full hour with a fleshless bone.

On the highest platform is a natural sized figure of Christ, and when Death strikes the hour at noon the twelve apostles pass before the feet of their master, bowing as they do so. As Peter passes a large clock perched off on one side flaps his wings, ruffles his neck and gives three times a loud and perfectly natural crow.—London Standard.

The Nova Scotia "Lumber King"

"I consider MINARD'S LINIMENT the best LINIMENT in use.

I got my foot badly jammed lately. I bathed it with MINARD'S LINIMENT and it was as well as ever next day.

Yours very truly,
T. G. McMULLEN.

Strathcona's Romantic Marriage.

The marriage of Lord Strathcona was a romance. He met the lady when he was twenty-nine and living on the coast of Labrador. She was a widow and had a little son. There was no priest or church within 1,000 miles, and the marriage was a simple contract reason. It was for this that when the high commissioner became a peer in 1897 a remarkable ceremony was held to solemnize the marriage of the Lord Strathcona. The marriage was, however, ratified by special act of parliament.—London Tatler.

France's National Museum.

The Musee Carnavalet of Paris is also known as the National museum, for it contains objects pertaining to the history of France and especially of the French revolution. The sacredness of antiquity clings to the building itself, which was begun in 1544 and enlarged in 1680, by Mansart, the famous architect of Louis XIV. In 1677 it became the home of Mme. de Sevigne, who lived there for eighteen years, and after whom the street is named. That faces the principal entrance. Among the contents of this museum are fragments and statues from noted buildings which no longer exist. There are also a weird portrait done in wax of Henry IV, made the day after his assassination, and an autograph order from Louis XVI. for the defenders of the Bastille to cease firing. Things of historic interest are numerous, but none more sanguinary than the copy of the constitution of 1793, bound in human skin.

Growth of Eucalyptus.

In a period of ten years: the eucalyptus tree will grow twelve inches in diameter and ninety feet in height, while it will take white oak and hickory 90 to 100 years to attain the same growth, and other hard woods, such as walnut, will take fifty to sixty years to attain the same size. This in itself is a tremendous advantage, and together with the fact that it reproduces itself from the same stump makes it of special commercial value.

Breadfruit Tree.

The south sea island housewife does not have to make bread. There is a tree in those islands called the breadfruit tree, the fruit of which when baked looks just like wheat bread. It is very palatable and nourishing.

Tough Lodgings.

Some of the cheap lodging houses in London are called "penny sit-ups." They provide mere benches with wooden backs. Each lodger places his arms on the back of the bench before him and then, resting his head on his arms, tries to sleep.

"Mamma! 'You daughter.' 'Who was Cinderella?' 'Why, Cinderella, by child, was the first female to get a No. 4 hat into a No. 2 shoe. I believe.'—Yankee Stammer.

Wanted in the West.

They Will Remain Firm.

Two women have been driven a mile into a brick wall, and yet it is what they have done that is remarkable. It is no man's work.

The following method is easy and has been found entirely satisfactory. It has been decided upon the exact spot into which the nail is desired to be driven, which must be in the plaster between the bricks, and a hole is made with a hammer and screwdriver. With these tools commence working out the head of the nail, tapping the handle of the screwdriver into the plaster to dust it must be blown or dusted out so that the size of the hole may be seen.

When a space about one inch long and nearly as deep has been worked out, the same size of wood, about the same size as the hole, and the hammer wedge it tightly into the space. When it seems firm to the nail, drive it into the wood. It will go in nicely without bending, and remain firm and indefinite length of time. This nail was used at one time when it was decided to hang a hammock between the fence and the wall, with the exception that the hole was dug out a little longer and deeper than for an ordinary nail.—Minneapolis Journal.

Why People Feel Depressed in the Cold Weather

Why is tiredness and languor so prevalent just now? A physician explained that the cold of winter drives blood from the surface of the body to the liver. Normally one-fourth of the whole blood supply is in the liver, and when more blood is accumulated in that organ everything goes wrong. No better remedy exists than Dr. Hamilton's Pills which are composed of such vegetable extracts as Mandrake and Butternut, and possess wonderful liver stimulating powers. It's a marvel the way Hamilton's Pills clear the blood of the poisonous humors. They put new life into worn out bodies, build up the appetite, tide folks over the cold days of winter and the depressing days of spring. For your health and comfort get a 25c box of Dr. Hamilton's Pills today.

EAT FRUIT EVERY DAY.

It is Best Served With the Breakfast.

Since fruits form a needed and agreeable portion of the daily diet, it is of importance to have the most perfect fruit produced to supply the table. Unripe and a poor quality of fruit is not palatable nor wholesome. Thoroughly ripe fruits may be eaten freely, and, if possible, they should always appear on the breakfast table. All fruits are slightly stimulating; they are also cooling and refreshing and act as tonics and aid materially in purifying the blood. The best medicinal results are gotten from fruits when they are eaten early in the morning or eaten at the beginning of the breakfast. If raw fruits cannot be eaten, stewed fruits will prove very refreshing and almost as useful and agreeable.

Of all the varieties of fruit consumed, apples, on account of their variety, cheapness and abundance and of being obtainable nearly all the year, have earned the name of the queen of fruits. As a medicinal fruit they are valuable because of their potash salts. To the housewife they are useful because, baked, fried, stewed (as apple sauce), and raw and in pie, they supply an agreeable variety in the home diet. We can do without many fruits, if necessary, but few of us will consent to dispense with the apple. It has been said time out of mind: "Eat an apple every day and you will keep the doctor far away." An apple or two eaten after dinner or at bedtime and washed down with a glass or two of cold water will put one in a condition to sleep comfortably throughout the night. Sufferers from indigestion, especially the form which gives the "bad taste in the morning," will be cured by eating apples or some other acid fruit upon rising in the morning. Adults and children need fruit to eat every day. Little children, as a rule, should be given stewed fruit. Oranges, seeded grapes and cantaloupe, however, are excellent for children for an early breakfast dish in their raw state. It should be constantly borne in mind that to eat persons who eat fruit regularly are seldom sufferers from headache and dyspepsia.

Spurgeon Was Noncommittal.

The Rev. W. Williams, in his "Personal Reminiscences" of C. H. Spurgeon, tells an anecdote concerning the great preacher as a smoker. Some gentleman wrote to Mr. Spurgeon, saying: "He had heard he smoked and could not believe it was true. Would Mr. Spurgeon write and tell if it really was so?" The reply sent was as follows: "Dear —, I cultivate my flowers and burn my weeds. Yours truly, C. H. Spurgeon."

You Can't Work with hand or brain when the body is poorly nourished. Get warmth and strength for the day's work by eating for breakfast Shredded Wheat with hot milk. Contains all the body-building material in the whole wheat grain prepared in a digestible form. Its crisp goodness is a delight to the palate and a life-giver to tired brain and jaded stomach. Made in Canada.



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Proportions to Remember.

Four eggs to one quart of milk for custards.

One teaspoonful of vanilla to quart of milk for custard.

Two ounces of gelatine to one and three-quarter quarts of liquid.

Four heaping tablespoonfuls of cornstarch to one quart of milk. One even teaspoonful of baking powder to one cupful of flour.

One teaspoonful of soda to one pint of sour milk. One teaspoonful of soda to one pint of molasses.

One teaspoonful of baking powder is equal to one-half teaspoonful of soda, and one teaspoonful of cream of tartar.

In preparing for baking mix dry materials in one bowl and liquids in another; combine them quickly, and put at once into the oven.

The oven for baking bread should be hot enough to brown a teaspoonful of four in five minutes. For biscuits it should brown in one minute.

Brushing a pie crust with butter a few minutes before it is time to take it from the oven will make it crisp.

BABY'S BATTLE AGAINST SICKNESS

Can best be fought with Baby's Own Tablets—the little pleasant-tasting Tablets that never fail to regulate the stomach and bowels and drive out all minor ills of little ones. Concerning them Mrs. H. H. Fowler, Eastburg, Alta., says: "I have four healthy children thanks to the use of Baby's Own Tablets. I have been using the Tablets for the past eight years and think them the best medicine in the world for little ones." The Tablets are sold by medicine dealers or by mail at 25¢ a box from The Dr. Williams Medicine Co., Brockville, Ont.

A LIVING TORPEDO.

That Odd Fish, the Electric Ray, is a Terror in His Own Way.

There is a queer fish bearing the name torpedo, that in its own peculiar way is a good deal of a terror. This is the torpedo, or electric ray, a dweller in the southern seas, which grows to a large size, sometimes weighing 75 or 80 pounds. This peculiar fish has a nearly circular body, a short tail and a very small mouth.

The back is brownish in color, and the underparts are white.

The torpedo obtains its name from its power of giving a violent shock, similar to an electric shock, to anything with which it comes in contact. Whenever an enemy approaches the fish emits from its body a kind of electricity, which incapacitates the attacker immediately.

In capturing its food the torpedo finds this power of use. Being very inactive, it cannot pursue the small fish which form its diet, so it lies in wait until they swim close by, and then throws out its powerful shock, which instantly renders them helpless.

If a person touches this strange fish he is attacked by cramp, which affects the stomach, producing a kind of convulsion. For this reason the torpedo is sometimes known as the "cramp fish."—London Answers.

Minard's Liniment Cures Garget in Cows.

Work of the Ground Mole.

There is a popular belief that the ground mole is a destructive animal. Like many popular beliefs this cannot be substantiated by facts. Ground moles do not feed upon roots and are not destructive. The ground mole is a subterranean animal. It builds its nests beneath the earth. It is well adapted to its subterranean life, the shape of its body being cylindrical, gradually tapering to a point at the extremity of its nose. Ground moles visit only those localities where the earth is infested with insect life. Where they are numerous the ground is interlaced with one feeding roadway that lead from one animal to another. These little animals deserve protection because they prey upon all kinds of underground insects, among which are the larvae of some of the most injurious insects which pass their pupa or chrysalis stage beneath the earth.

Three Atmospheres.

The atmosphere is divided by scientists into three parts. The first extends from sea level to about 10,000 feet high. In this layer are almost all the water vapors or clouds and all the dust. In it all the storms take place. The temperature tends to decrease, but very irregularly. The second layer extends to between six and seven miles high. In it are the "circus" clouds, and the temperature decreases uniformly. Man cannot go beyond it.

These two layers together are called the troposphere, because in them all the vertical movements of the air take place. Beyond them is the stratosphere, in which occur any movement of the air in planes parallel to the earth's surface.

Further in the atmosphere, the attack attempts of the Germans with gases, in the case of the trench, the trenches of the "Our bombs line was very