EUREKA HARNESS OIL

puts new life in your harness. Keeps it from drying up and cracking. Makes it soft, pliable and strong. Contains no animal or vegetable fats to become rancid. It makes harness last longer.

Dealers Everywhere

The Imperial Oil Company
Limited

BRANCHES IN ALL CITIES

CONSTIPATION.

The Best Means to Combat a Very Prevalent Evil.

The most potent remedy for this condition is habit—the habit of fixing upon a regular hour to try to have an evacuation. The bowel can be taught to empty itself at a given time. When the bowel has acquired the habit of expelling its contents at a fixed hour it will not fail to do it. No person, unless suffering from a recognized disease of the intestinal tract or of the nervous system, need suffer from constipation.

The first thing to do to correct constipation is to so arrange one's time so as to have a regular hour for going to the closet, and then to keep rigidly to the hour. The majority of people having work to do every day may say, "Oh I never have time to think of taking care of myself." This type of person becomes ill from his lack of attention to himself, and all too frequently pays a heavy price for his neglect of his body's need. The human organism cannot run smoothly if it is poisoned by retained waste products in the digestive tract. No one would willingly taste or eat poisoned food for fear he might die. Indeed, death does occur all too often when people eat or drink anything poisoned. When man is poisoned by fermented and decomposed food products retained in his body he dies by degrees and slowly. Any one can recognize a man who is poisoning himself by this slow process. The stench from the gutters choked up with filth from decomposing vegetables, etc., is familiar to every one, and no one would willingly live in a locality where such unsanitary conditions existed. Yet every day in our own homes we live with people who are suffering from poison more deadly than that contained in the drains of a city. What a sad picture these people make, suffering from toxaemia (this is the name of the poisoned condition, resulting from constipation!

It is imperative that there should be a daily and free evacuation from the bowels if we wish to be in health and present an attractive appearance. Headache, irritability of temper, restlessness, laziness and palpitation of the heart are some of the most frequently recognized symptoms of constipation. A coated tongue, dry lips and a dry feeling in the mouth clearly show that the intestinal canal is inactive. The appearance of the skin is noticeable, too. It is cold and clammy or it may be hot and flushed, or it is sallow and dingy-looking. Pimples disfigure the skin whenever there is constipation. Young girls lose their pink and white loveliness when they suffer from constipation.

Among some of the diseases that result from neglecting to attend to the daily evacuation of the bowels are appendicitis, ulceration in the bowels, hemorrhoids and fevers.

When constipation has been long established it cannot be quickly broken up without the aid of medicines; these are always needed for immediate relief. It should be borne in mind by all persons that constipation can be prevented by habit, and even after it has existed it can be cured by establishing the habit of trying to evacuate the bowel at a fixed hour every day. Probably of all hours during the 24, after breakfast is the most satisfactory time to attend to this feature of the toilet.

Diet plays a part in regulating the activities of the digestive tract. The normal and daily action of the bowels may be affected by the food eaten. Fruits and vegetables (the green and fresh ones) are necessary in the daily dietary, for they increase the activity of the bowels. Water-drinking also is an urgent need; water flushes the intestinal canal, disiodges and dissolves masses of hard waste materials and sweep them downward for evacuation.

Medicine to take for the temporary relief of constipation may be given at bedtime or early in the morning half an hour or so before breakfast. What are known as saline laxatives are the medicines which give the quickest relief, such as a seidlitz powder, the contents of the blue paper dissolved in a scant half-glass of cold water; then pour the two glasses of liquid together and drink it all. This dose, taken anytime during the day, relieves a severe headache or sickness in the stomach. The effervescing citrate of magnesium is excellent for the same purpose; so, too, is phosphate of sodium (effervescent). The cheaper salines are plain Rochelle salt, Epsom salt and Glauber's salt. Any one of these three salts can be bought by the pound or less. The dose of each is a heaping teaspoonful in a tumblerful of cold water, taken upon rising in the morning. Of these salts the Rochelle is the most agreeable flavor and the Epsom the least.

As our happiness depends so much upon our good health, it is most important that we take great pains to prevent loss of health. To prevent and cure constipation is taking a big step in preventing deterioration in health.

A SATISFACTORY DIET.

A mixed diet, including sufficient animal foods as fresh milk, eggs, meat and fresh vegetables is by far the most satisfactory diet, as it contains sufficient anti-neuritic and anti-scorbutic substances The dietary habits of the greater part of the population in this country are such as to prevent the continuous consumption of a diet deficient in vitamines. In recent years, however, certain factors have had a tendency to reduce the vitamine content of the diet of the population at large. Changes in our economic conditions, food production and method of of cooking seem to reduce the vitamine content of the diet of a large number of persons to the danger-point. Observations which I have made in conection with studies on the cause of pellagra bear out this assertion The population of a large portion of the southern states, in which this disease is prevalent to such a serious degree, lives on a diet which is, to say the least, not rich in vitamines. Highly milled cereals, pork fat, in addition to cabbage and turnips, and similar vegetables, form the staple article of the diet. The customary use of baking soda in the preparation of food, furthermore, lowers the vitamine content of the diet. I haye been able to demonstrate on animals that corn bread made from cornmeal and milk, with the addition of soda, loses its high initial content of anti-neuritic substance in the process of baking as a result of the destructive action of the alkali.—Dr. Carl Voegtlin in the Scientific American.

AN EXCELLENT REMEDY FOR THE CHILDREN

Mrs. Laura Jackson, Brantford, Ont., writes: "I have found Baby's Own Tablets such an excellent remedy for children that I have no hesitation in recommending them to all mothers." Thousands of mothers say the same thing concerning the Tablets. Once a mother has used them she would use nothing else. They are for sale at all druggists or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

What Memory Is.

The correct way to increase the productivity of the memory is to link every new thing with an understood thought already in hand. Merely to memorize the Bible and thus to be able parrot-like to speak it "by heart" is not memory. Intellectually and emotionally to appreciate and understand one psalm or proverb is memory. To know where to put your finger on the right verse or passage of the Bible on your table is practical and useful recollection. Dictionaries, directories, encyclopedias, indexes and reference books do the mechanical part for you. Reason, association, adaptability and the perception of relationships are better than much Latin and more Greek, however beautiful and instructive these may be in themselves.—Exchange.

Better Than Spanking

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

The Red Shirt of Italy.

The red shirt, destined to become so famous a symbol through Europe, was not a first adopted by Garibaldi for any fantastic or spectacular reason. The English Admiral Ingram says that the red shirt had its origin in stern necessity and that its adoption was caused by the need of clothing as economically as possible the legion that Garibaldi had raised for the liberation of Italy. An offer was made by a tradesman to supply at a reduced price a large stock of red woollen shirts. This offer was eagerly closed on. Before many years had passed the red shirt became the symbol not merely of the legion, but of the new spirit working for the liberation of Italy.

Minard's Liniment Cures Burns, Etc.

FINANCIAL SENSE.

Take Care of What You Earn and Then Invest It Wisely.

The greatest financial genius I ever knew and the richest man I ever knew personally once said to me:

"There is no greater financial genius possible than taking care of what you earn, and there is no better or surer way of taking care of your surplus than to invest it in sound securities paying 5 or 6 per cent. And such securities are easy to find any day of any year. So any man may be a financial genius if he will exercise the simplest common sense."

I protested that it would be said of such a man that he was narrow and selfish.

"Nonsense," the financial genius replied. "I have money invested in railroads, in packing houses and in manufacturing enterprises. Could money be invested more usefully? Yet it is as safe as government bonds and pays a better rate of intedest. I invest my own money, but a man without financial experience may secure safe investment without difficulty. If a man has a bank account his banker will find safe investments for him. Bankers are men of financial experience, and 99 per cent. of them are intelligent and honorable. There is no excuse for a busy man losing his savings. Many women, when they come into possession of money lose it because they invest it in schemes bankers would not trust, or else the women loan their money to men who could not borrow money at a bank. Everything in life is simple and easy if we would only accept experience and be careful of big and sensational notions. Financial sense is knowing that certain men will promise to do certain things and fail. Therefore when you invest your savings get security. And it is no more trouble to get kood security than it is to get bad If you are guided by common sense and experience."

TIRING, CEASELESS BACK-ACHE CAN BE RUBBED AWAY TO-NIGHT

Relief is Almost Unfailing From Even the First Application.

RUB ON NERVILINE

Cold has a vicious way of finding out aching muscles or weak joints. How often pain settles in the back, causing inflammation and excruciating soreness. Stiffness and aching all over follows.

An application of Nerviline at the start gives immediate relief and prevents worse trouble.

When the pain is very acute, Nerviline has a chance to show its wonderful penetrating and pain-subduing power. It strikes in deeply, and its strike-in-deep quality quickly proves its superiority to feebler remedies. Then this goodness is magnified by its strength, easily five times greater than most liniments.

Surely so powerful and curative a liniment as Nerviline offers perfect security against pain.

Nerviline is the only guaranteed pain remedy sold in Canada. Forty years of success in many countries warrants its manufacturers saying. If it does not relieve, get your money back.

No curable pain, not even neuralgia, lumbago, sciatica, of rheumatism can resist the magic power of Nerviline. Try it to-day. Rub it on your tired back, let it ease your sore muscles, let it take the swelling and stiffness out of your joints. It's a marvel—thousands say so that use Nerviline.

The large 50c. family size bottle of Nerviline is more economical than the 25c. trial size. Buy the larger size to-day. Sold by dealers everywhere, or the Catarrhozone Co., Kingston, Canada.

CURIOUS CONDENSATIONS.

Amsterdam in 1914 had more than 600,000 population.

British Columbia's annual mineral output is valued at $30,000,000.

About half a ton of whalebone is obtained from one whale, its value being, roughly, $5,000.

Two English physicians are experimenting with a parasite with which they hope to exterminate the flies of their country within a few years.

Chile in 1914 produced 45,000,000 metric tons of copper.

There is one grocery store to every 200 inhabitants of the United States.

Scientists in Germany are trying to find some way to utilize the great amount of fuel contained in 500 square miles of peat beds in Southern Bavaria.

Olives which are dead ripe are delicious, but extreme care is required to preserve them.

Several garages in Southern California wash the cars with water heated by the sun's rays.

Michael McCloskey, an employee of the Baldwin Locomotive Works, of Philadelphia, has two little fingers on each hand, and two little toes on each foot. All the extra digits are perfectly developed.

An electric motor no bigger than a watch is said to produce one horse power.

Fifteen years ago the total annual cost of the British army was only a little more than $85,000,000. The present was is costing Great Britain $15,000,000 a day.

Minard's Liniment Cures Dandruff.

Children's Pets.

Luther Burbank voices his sentiments in favor of children's pets in his system of "Training the Human Plant." "Every child should have mud pies, grasshoppers, water bugs, tadpoles, frogs, mud turtles, elderberries, wild strawberries, acorns, chestnuts, trees to climb, books to wade in, water lilies, woodchucks, bats, bees, butterflies, various animals to pet, hayfields, pine cones, rocks to roll, sand, snakes, huckleberries and hornets, and any child who has been deprived of these has been deprived of the best part of his education. By being well acquainted wth all these they come into the most intimate harmony with nature, whose lessons are, of course, natural and wholesome."

Minard's Liniment for sale everywhere

RURAL JOYS.

Sing a song of winter time,
Cold and bitter weather;
Meet it with a cherry rhyme
All of us together.

Shut the window, light the lamp,
To the hearth draw nigher;
Thaw out all the frost and damp
At the open fire.

Toss a back log on the blaze.
Spread the circle wider.
Talk and talk of other days—
Fetch a jug of cider!

Crack the nut and crack the jest
Mild the laughter lusty—
Now and then among the rest
One is stale and fusty.

Mother fetch the ginger bread
And the apples yellow;
Even lovers must be fed—
Sally's got a fellow!

Sing a song of ice and snow,
Goodness! How we pity
Them that pleasure next known.
People of the city!

—Farming Business.

Crawford—The janitor of our flat is going to give some kind of an entertainment. Crabshaw—for your sake, I hope it will be a housewarming.—Judge.

When Cheese Was Vulgar.

There was a time when cheese was regarded as too vulgar a diet for well-bred ladies. This belief is referred to in Mrs. Gaskell's "Wives and Daughters" and also in "The Visits of Elizabeth," where Mrs. Elinor Glyn makes her heroine write: "I was glad to have a nice piece of cheese. All the time I was with godmamma I was not allowed to, as it isn't considered proper for girls." A correspondent of Notes and Queries for April 24, 1909, writes: "When I was living in Jamaica some years ago a friend of mine who would now if living be about 95 told me that before he left England as a young man it was not the custom for ladies to eat cheese, though he had been in England so lately as 1874, he believed that ladies suffered the same privation at that time and almost refused to believe me when I told him that they did not."—London Chronicle.

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, CURIOS, ETC.

Inspection and Correspondence Invited.

Physical Formation of Mexico.

Mexico possesses a curious physical formation. Rising rapidly by a succession of terraces from the low, sandy coasts on the east and west, it culminates in a central plateau running in a northwesterly and southeasterly direction and having an elevation varying from 4,000 to 8,000 feet above the sea. High above this plateau tower the snow capped crests of several volcanoes, most of which are extinct. Ten of them are over 12,000 feet in height, and three look down upon fertile valleys from altitudes of 17,782, 17,356 and 16,060 feet. These are Popocatepetl, Orizaba and Iztaccihuatl.

Travels of a Sapphire.

A sapphire of good quality which was cut into a gem weighing one and three-eighths carats was discovered in the gravel along the shore of Lake Okoboji, Dickinson county, Ia., in 1911. It is described as resembling a piece of blue bottle glass worn round and smooth by attrition and is stated to be the cornflower blue variety, and to have a good, velvety lustre. This gem was probably transported to the Like Okoboji region by ice during the glacial period along with a large variety of other minerals and rocks, and its original home can only be surmised.

The one man who always carries out what he undertakes is the undertaker.

PUTS A . . . STOP TO ALL DISTEMPER

CURES THE SICK

And prevents others having the disease no matter how exposed. By the bottle or dozen. All good druggists and turf goods houses. Send for free booklet, "Distemper, Cause and Cure."

SPOHN MEDICAL CO.,
Chemists and Bacteriologists. Goshen, Ind., U. S. A.

2 IN 1

$20.00
DELIVERED AT YOUR HOME TOWN

COMBINATION COOKER and HEATER

The most efficient and economical stove made.
Will burn coal, wood, coke, corn cobs or anything burnable
Fitted with Duplex Grate, Hot Blast Tube and Screw Dampers.
Will hold fire over night, cook, boil and bake equal to the largest range.
Has a fine oven of heavy steel sheets closely riveted together. Body of polished steel.
If your dealer has not a sample for your inspection, send direct to

HAMILTON STOVE & HEATER CO., LIMITED
Successors to THE GURNEY-TILDEN CO. HAMILTON, ONT. Canada's Oldest Stove Makers

Dynamite.

Dynamite if carefully made and kept will not explode except by shock or a blow; hence a cap or detonator is affixed to a charge just before firing to set it off. Set fire in open air dynamite burns fiercely with a smoky flame, but does not explode unless several sticks are closely piled together or packed in a box. The most common cause of premature explosion of dynamite is separation of its ultro-glycerin, slight friction or shock causing this to explode and, in turn, explode the dynamite. Separation of nitro-glycerin usually occurs when frozen dynamite is being thawed out; hence so many cases of explosion by careless or ignorant persons who use a perfectly good stove in a course of instruction in how to handle dynamite. The force of a dynamite explosion is usually greatest downward. Thus a stick of dynamite exploded on a rock without being covered will shatter the rock, but will produce little effect in other directions. Like all explosives, dynamite must be inclosed to produce its maximum effects. Dynamite is sometimes prepared in granular form for producing certain explosive effects, but its action is too rapid and intense for use in rifles or cannon.

WRINKLES ARE A CONFESSION

Advancing years are first realized by the change that becomes noticeable in the complexion. If you pay attention to the first, almost imperceptible, lines, how easy it is to avoid the unsightly wrinkles that surely follow. Wrinkles are a confession to Father Time. The skin must be kept firm and smooth by proper attention and treatment.

"USIT" is a skin food and wrinkle chaser. It builds up firm, elastic tissues, removes wrinkles, fills out depressions, prevents dryness of skin caused by excessive winds, and restores to your complexion that fine appearance of freshness and youth.

"USIT" is put up in handsome opal bottles, and until the Drug Stores in Canada are completely stocked we are filling mail orders. Accept no substitute.

Send 50 cents to-day for trial bottle, sufficient for six weeks' use. We pay postage to any address in Canada.
Dept. A. 476 Roncesvalles Ave., Toronto.

Usit Manufacturing Co., Limited.
Dept. A, 476 Roncesvalles Ave., Toronto

He Knew Their Weakness.

During the reign of Louis XV. of France the light chaise came into fashion, and great ladies of Paris were accustomed to drive in them about the city. But beautiful hands are not always strong ones. Accidents began to occur more and more frequently in the streets. Consequently, says "Das Buch Fur Alle," the king besought the minister of police to do something, since the lives of pedestrians were constantly in danger.

"I will do whatever is in my power," replied the police minister. "Your majesty desires that these accidents cease entirely?"

The king replied, "Certainly."

The next day there appeared a royal ordinance that ordered that in the future ladies under thirty years of age should not drive chaises through the streets of Paris. That seems a mild restriction, but it is said that scarcely a woman from that time on drove her own chaise. The police minister knew that few women would care to advertise the fact that they were over thirty and that the rest would probably be too old to drive anyway.

EAT AN ACTIVE FOOD

To avoid indigestion and constipation eat less of the highly refined fancy cereals and starchy foods. What the stomach, liver and bowels require is an unrefined, active cereal to keep them working right. Dr. Jackson's Roman Meal has more active, stimulating power than any other breakfast cereal. It contains whole berries of wheat, whole berries of rye, deodorized flaxseed and bran. Makes delicious porridge and all baked products.

At all grocers, 10 cents and 25 cents.

Made by Roman Meal Co., Toronto.

A GUN'S RANGE.

Main Factors Are Initial Velocity and Angle of Elevation.

The distance a shot can be thrown depends primarily on two things—the velocity with which it leaves the muzzle and the angle of elevation above the horizontal. Other things affect it also, but these two are all important. Of course a light shell will lose its velocity quicker than a heavy one, for it has less stored up energy to overcome the friction of the air. Temperature and the humidity of the air both have their effect. But the two great features are initial velocity and angle of elevation.

Any one who throws a ball knows that it is higher near the centre of its flight than at either end. The farther it is thrown the higher it is at the centre. It was long ago found that any projective to reach a maximum range must be thrown at about forty-five degrees above the horizontal. This applies to a baseball as well as a 1,000 pound shell. If it is thrown higher it falls short in distance, for too much of our effort has been expended in giving it height. If thrown lower gravitation pulls it to the ground before it has covered its maximum distance.

Another thing—the ball or shell falls at a greater angle than that with which it started. If it is thrown at forty-five degrees elevation it will fall with nearer sixty degrees because of the retarding effect of the atmospheric friction. This friction is continually slowing up the projectile and eventually all but stops it. But meantime the action of gravitation is pulling it farther and farther downward from its initial path. The net result is to bring it to earth much sooner than if the second half of its flight were the counterpart (reversed) of the first half.—Sidney Graves Koon, M. E., in Leslie's.

"Telephone, sir." "What is it?" "Your wife wants you home at once." "What's the trouble?" "She has a tight gown, can't stoop, and the drip pan under the refrigerator is running over."—Louisville Courier-Journal.

ISSUE NO. 10, 1916

HELP WANTED.

GIRLS WILLING TO WORK ON British Army Orders, knitted underwear. Steamers, plain stitchers and operators. Bright, healthy employment, good wages. Zimmerman Mfg. Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

FARMS FOR SALE.

CHEAP, UNDER MORTGAGE, 9 acres in County of Middlesex, improved farm with frame buildings. Easy terms, only $200 down or secured, balance at 6%. London Loan Company, Box 4th, London, Ont.

FOR SALE.

FOR SALE—FANCY PIGEONS AND flying homers; prices reasonable. T. J. Holton, 6 Caroline street south, Hamilton, Ont.

MISCELLANEOUS.

WANTED—GIRLS OF GOOD EDUCAtion to train for nurses. Apply Wellandra Hospital, St. Catharines, Ont.

Items of Interest.

The fine watch is protected by a pneumatic pad.

Roumania's cereal crop in 1915 is twice that of 1914.

In 1913 African bought nearly $900,000 worth of musical instruments.

Greenland is without infections disease owing to the dry, cold atmosphere.

In the anthracite region of Pennsylvania there is a church for every thousand inhabitants. More than 20 sects are represented.

A fast trotting stallion died of fright in a New York State, a little while ago, during a thunderstorm. He was seven years old.

Lalla Rookh, Tom Moore's famous poem, was published 100 years ago. It was written under a curious publisher's agreement whereby he was to receive for an eastern poem 3,000 guineas, success or failure.

Pittsburg held its first "kite day" recently and 600 children flew kites in one of the public parks. A Chinese boy had a kite 70 feet long, in the form of a centipede. The figure of another kite was that of Uncle Sam.

The chief detective of a New York hotel worked hard and earnestly on a stolen watch "case," and finally recovered the missing article. As a reward the owner of the watch, a woman named her dog after a nice man.—Exchange.

Suffer No Longer From Constipation!

You can immediately relieve and permanently cure yourself with Dr. Hamilton's Pills. One thousand dollars will be paid for any case that isn't corrected within three days. Dr. Hamilton's Pills contain no injurious drugs; they are composed entirely of soothing vegetable extracts that strengthen the stomach and bowels at once. It is absolutely impossible for Dr. Hamilton's Pills to fail curing biliousness, sour stomach, indigestion, headache or constipation. Even one box has brought vigor and renewed health to chronic sufferers, so you owe it to yourself to try Dr. Hamilton's Pills at once; 25c per box at all dealers.

Ambassadorial Indiscretions.

The first rule of an ambassador's office is that he shall abstain from all interference in the affairs of the country in which he is living. A breach of that rule makes him persona non grata. In English diplomacy the best known case is that of Bulwer at Madrid. Bulwer had, by order, transmitted to the Spanish Government in 1848 an impertinent despatch in which the actions of the Spanish Government were strongly criticised. Bulwer received a reply stating among other things: "Your conduct in the execution of your important mission has been reprobated by public opinion in England, censured by the British press and condemned in the British Parliament. Her Catholic Majesty's Government cannot defend it, and that of her Britannic Majesty has not done so." Whereupon Bulwer received his passports with peremptory orders to quit the country within forty-eight hours.—Manchester Guardian.

I consider MINARD'S LINIMENT the BEST Liniment in use.

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

Yours very truly,
T. G. McMULLEN.

Curious Street Names.

The list of curious street names is inexhaustible. Bermondsey possesses a Pickle Herring street. Near Gray's Inn there is to be found a Cold Bath square. Most of the Nightingale lanes and Love lanes are hidden ironically enough in the slums in the east end.

But for really bizarre street names one should go to Brussels. The Short Street of the Long Chariot, the Street of the Red Haired Woman and the Street of Sorrows are remarkable enough to catch the least observant eye. The Street of the One Person is, as one might guess, considerably narrower than Whitehall. But the cream of Brussels street names surely belongs to the Street of the Uncracked Silver Cocoanut. This in the orginal appears as one ponderous thirty-six letter word.—London Chronicle.

Minard's Liniment Relieves Neuralgia

A Curious Wedding Present.

Among the Brass river tribes of West Africa when a young couple get married it is the custom for the oldest member of the bride's family to present the bride with a plot of ground six feet long. This is for the grave of her family and herself when they die. The first member of the new family who dies is buried about twenty feet below the ground and the next one almost sixteen feet, and this goes on until all the family die and are buried. The grave holds them all, and this, they think, prevents them from being seperated. This grewsome wedding present is the one most valued by the bride, the favorite native saying being, "When all other things are gone, this remains."