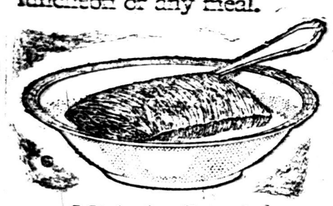
You Can't be Neutral on the food question. You have to decide between mere palate-foods that contain no nutriment and foods that repair the bodily waste. Shredded Wheat Biscuit is both a palate food and a muscle builder. You can keep in good health and at the top-notch of physical fitness by eating this delicious, ready-cooked, whole wheat cereal for breakfast, luncheon or any meal.



Made in Canada.

ANTIQUES

The mirror has claims to antiquity perhaps as remote as any other article of utility of every day need. With an introduction into history coeval with that of the Mosaiqc law there is no need for further research to establish these claims. Those thirty-four century old commodities, of polished brass, "the looking-glasses of the women assembling" (Exodus xxxviii.; 8) were apparently as essential to the furnishing of the tabernacle of the congregation" in the days of Moses as they are to-day, and have been throughout the ages, in the equipment of the home.

Suggested by nature and brought under control with the first advance of the arts of civilization, the mirror has not only been a most useful commodity in everyday life, but has proved a material aid to the artificer and craftsmen of all ages and all over the world.

Perpetuity of the mirror was secure in nature's own resources, its placid waters and its shining gems, but man's inventiveness removed what limitations there were to its conveniences and gave in polished metals and glittering glass tangible mediums of beauty and utility, and thus was nature's first mirror, the surface of some silent pool, framed in its circlet of waxen lily-buds and blooms, and verdant foliage superseded, and thus was accomplished the first surrender of nature to art.

Mirrors of polished metal seem to have filled cut requirements throughout early ages, but history has recorded the frequeut use of precious stones and glassy substances of natural or artificial formation.

In very remote times emeralds served the purpose, and the early Egyptians adapted the glassy volcanic product, obsidian, to same use. The eorly Chinese, too, had a way of converting pebbles into mirrors.

Early in the fourth century B. C., "mirrors of glittering glass" were carried in state processions, according to the chronicles of the Singhalese kings."

Two centuries later Archimedes succeeded in "harnessing the sun" with his "burning mirror," an implement of war said to have been used with devastating effect upon the machines and military engines of the Roman general, Marcellus, when the siege of Syracuse was in operation. The power of these mirrors was disputed for a long time, but Buffon proved it by experiment.

A message from Rome, dated April 1st, 1913, reported the discovery in the harbor of Syracuse, of what is believed to be "the burning mirror of Archimedes."

Minard's Liniment Relieves Neuralgia

Smokeless Powder.

Smokeless powder dates back some fifty years, but it was not until about 1886 that it attained its real efficiency and sprang into general use. It must be understood that even the best of this powder is not absolutely smokeless. It is not smoky enough, however, to "do any harm," and as compared with the old powder may well be called "smokelesss."

True to the Pole.

The needle of the compass does not always point directly north. It is subject to daily and yearly variations, as well as those which require centuries to complete. The needle is however, "true to the pole," although it shifts thus every hour in the day. It does so only in obedience to the laws which control its action. Variations which are constantly taking place in the terrestrial magnetism produce corresponding changes in the needle.

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.

The Housekeeper

A bit of vaseline will remove mildew or stains from any kind of leather.

To make perfect tea, remember — good tea, boiling water and a hot teapot.

To clean an iron sink, rub with kerosene.

Flour the cake pan after you have greased it, to keep the cake from sticking.

If a frock becomes spotted with rain press it under a damp cloth. The process is long and tedious, but the rain spots will disappear. Press always until the damp cloth is dry, then wet and move to another place.

Smooth out and keep all the tissue paper that comes into the house. Tissue paper can be used to great advantage in padding out sleeves and bodices of all sorts. It does wonders in keeping away wrinkles.

New stockings should always be washed before being worn.

Vinegar and honey mixed in equal parts is a great relief for a cough.

Nutmegs will grate more satisfactorily if started from the bottom end.

Medicine stains can be removed from linen with strong ammonia.

An empty baking powder can makes an excellent nut chopper.

When the top of the stove is red hot, the oven is not hot.

To drive away mice, scatter gum camphor around their haunts.

Soak clothes that are badly stained by perspiration in strong salt water before washing and stains will come out easily.

CROSS FRETFUL BABIES

The cross fretful baby is a sickly baby—the well child is always happy and smiling. Mothers if your baby is gross and cries a great deal something is wrong. His little stomach and bowels may be out of border; his teeth troubling him, or he may be bothered with worms. The mother should immediately give him Baby's Own Tablets. They never fail to relieve the baby. Concerning them Mrs. Ronald Hurley, Gilks, N. B., writes: "I know of nothing so good for cross, fretful babies as Baby's Own Tablets and I am pleased to recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Pearls as Medicine.

Scotland still produces pearls, found mainly in the fresh water mussel. They could no doubt be found in England if the industry were profitable.

Cleopatra was not the only person who swallowed a dissolved pearl. Until comparatively recently pearls were used medicinally in the west and still appear in the materia medica of China. According to one Chinese authority, a pearl, after being treated with pumice stone and honeycomb, mixed with the gall of a serpent, "might be drawn out to the length of three or four feet. Make it into pills and swallow them—henceforth food will be unnecessary."

The suggestion is not that the patient would be finished off, but that he would live, foodless, forever.—New York Sun.

GOOD FOR CHILDREN

Mothers! Physicians agree that flavor and the body building elements of grains lie in the dark parts usually thrown away. So also do the lime salts which your child needs to harden bones and teeth. Children fed upon coarse dark cereals develop greater resistance. Witness the Bulgars and Serbs. Roman soldiers who conquered the world fed upon two brands of entire grain food a day. Dr. Jackson's Roman Meal is a scientifically balanced ration made from several entire grains. It's delicious, easily prepared in a variety of ways and nourishes better than meat. It's a natural laxative. Most grocers sell it.

Made by Roman Meal Co., Toronto, Canada.

Soup Without a Spoon.

Soup without a spoon seems even harder to negotiate than meat without a fork, and we can sympathize with the complaint recorded in the diary of Felix Platter, a young Swiss, who went to Montpelier in 1552 in order to study medicine. He lodged in the house of his professor, Catelan, one of the greatest doctors of his time, and yet, writes Platted, "we were compelled to eat our stew in the usual French fashion—that is to say, picking the meat out with our fingers and then drinking the broth. In vain we begged our hostess to let us have spoons, but not a single one was to be found in the house, the only implement on the table being a large knife fastened with an iron chain. No one here seems to have ever heard of spoons, which we at home find so useful." Montaigne was astonished when he visited Switzerland in 1580 to find that "at all meals they put on the table as many spoons as there are people present."

Judge Hard to Please.

A prisoner on his trial, in answer to the charge, pleaded "Not guilty." The jury found the charge proved, and in passing sentence - the judge said, "Ye're not only guilty but ye come here and tell lies, saying ye're not."

The prisoner who followed next for trial was doubtless influenced by this, and supposed it would be well for him to take another course, so he pleaded "Guilty," in an almost self-satisfied voice.

"Oh, ye're guilty, are ye," said the judge, "and come here to brag about it, do ye?"—Tit Bits.

Improve Yourself.

If a man cannot improve himself, how can he improve others? When we see noble men we should think of equaling them. When we see evil characters we should turn our look inward and examined ourselves. Only he who has the most complete sincerity under heaven car transform and inspire others.

The man who marries a woman for her money must expect to have it thrown up to him.

PAINS QUIT! BACK-SORENESS GOES! TORTUROUS LUMBAGO CURED BY "NERVILINE"

This Wonderful Curative Liniment Has Almost Magical Powers.

You can compare a congestive pain to a little fire. When congestion smoulders, pain comes and goes. Congestion grows into inflammation, but pain, now intense, grows excruciating, and stays, too. There is an absolute antidote of pain—it is Nerviline.

New to you, perhaps, is Nerviline, but known well in many lands as the most penetrating and pain-subduing pain remedy ever discovered. Not oily or ill-smelling, but pleasant—it rubs on. Not temporary action, but permanent in its control of pain.

Not an ache or a pain anywhere that it cannot reach. No soreness or strain that it has not the power to relieve.

Nerviline is the only remedy in the world sold under guarantee—if it does not relieve you, you get your money back. Proof enough that Nerviline is a remedy that will fulfil absolutely every requirement of a pain-reliever, both for internal and external use.

Backache it cures like magic. For rheumatism, sciatica, lumbago, neuralgia, stiffness, sprains or strains, it is the only thing. Large bottle, 50 cents; trial size, 25 cents; at druggists, or The Catarrhozone Co., Kingston, Canada.

The Secret of Baldness.

The actual condition of the scalp and of the hair has very much less to do with the health of the latter than is popularly supposed. The bulbs of the roots of the hair go down completely through the skin and into the fatty layer which lies between it and the skull, and the thing that to the expert eye is really significant of the prospect as to progress or cure in a particular case of baldness is not the condition or color or cleanliness of the scalp, but the thickness of thinness of this fatty layer which underlies it. So long as this is present and the scalp is freely movable over the skull there is hope of restoring a reasonable growth of hair, but when this fat has been absorbed and the shiny scalp sticks as closely to the skull as the cover of a baseball the outlook is practically hopeless. This, of course, shows at once the futility of most of the local applications to and manipulations of the scalp, from which it suffers untold torments in those who are or imagine themselves to be becoming bald.

Minard's Liniment Cures Dandruff.

WHAT A MAN READS.

It is a Big Factor in Determining His Course of Life.

A certain low form of aquatic animal life anchors itself to a rock and feeds on whatever the current brings. The average man feeds his mind in much the same way. He falls into line for current amusements. He reads only current literature. He listens to what happens to go by. He makes but little systematic attempt to shut out the unfit or to put himself in line for the fit.

The result is a defective grade of human life that rarely elevates society and often degrades it. If a man would make the most of himself, and that is manifestly the supreme purpose for which he was put into the world, it is worth his while to do his daily work where unclean things, mental and physical, are not made common.

It makes a good deal of difference in the worth of a man to-day as to whether his reading last night was "Hamlet" and "Isaiah" or "The Other Man's Wife," whether he went to the art institute or the burlesque show.

An ancient teacher of well-balanced mind gave this direction to his disciples as to the topics to be selected for deliberate thought:

"Finally, my brethren, whatsoever things are true, whatsoever things are honorable, whatsoever thing are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things."

To think of these things one must see and hear these things. To see and hear these things one must make an effort to do so.

New Storage Battery.

A storage battery involving a number of new features and built on the lines of the No. 6 dry battery, which is universally used for general purposes, has been brought out by a German firm. They are exactly the size and shape of the dry battery referred to, and are designed to take the places of these for a great many purposes. It is claimed for the new storage battery that it holds its charge longer and can be recharged indefinitely for much less than the cost of a carbon dry battery. It has 40 per cent. higher working voltage, greater amperage, greater watt-hour output and five times more working capacity. The capacity increases with use and attains a value of 0.5 ampere for 40 hours, one ampere for 18 hours, two amperes for eight hours and three amperes for five hours. The average voltage of discharge is two volts. While at present made only in the size of the No. 6 dry cell, the new battery will later be made in various sizes for all purposes.

Irish Language.

The "natural language" of the Irishman is the Gaelic, the old Celtic tongue which is still spoken, to a certain extent in Ireland, Wales, the Highlands of Scotland and northern France, where the remnants of the Celts are still dwelling.

Mice That Subsist on Scorpions.

Among the queer forms of animal life that inhabit Death Valley is a mouse that has acquired such a taste for scorpions that they form its entire bill of fare. The scorpion carries its formidable armament at the end of its slender, elongated abdomen in the shape of an exceedingly venomous hooked sting. When disturbed it elevates this in the air and goes in search of its disturber. But it is comparatively slow in its motions, while mice are proverbial for their quickness the world over. The mouse learned many generations ago where the scorpion carries its weapon, and when he meets it he leaps at the uplifted abdomen, takes the sting off at a single bite and proceeds to make a meal of his helpless prey. It is supposed to be the only animal that relishes scorpion.

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 oval 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

Snowball Showers.

More than one explorer in cold climates has noted the curious phenomenon of a "snowball shower." The balls, it is true, are not very big, the average being about the size of a hen's egg, but they are true snowballs for all that—compressed globes of snow, not little lumps of ice or hail. A fall of the kind occurred in north London in March, 1859, and at the time it was observed that the balls seemed five times as dense and compressed as ordinary snow and in no way to be told from the usual handmade missles. They had fallen during the night and were strewn many layers thick over a very large area. No cause—except a doubtful electrical one—can be ascribed for the strange phenomenon, and mountaineers are apt to discredit the stories of snowball showers told them by the old guides till suddenly in the midst of an ordinary storm they find themselves assailed as though by myriads of mischievous schoolboys.—London Standard.

Minard's Liniment Cures Burns, Etc.

Too Bold.

There is a local legend concerning Salisbury cathedral, in England. The cathedral is celebrated for its lofty spire, and the legend is that once upon a time a prisoner found guilty of some capital offence was sentenced to death and had the option given him of being executed in the usual way or of throwing himself from off the cathedral spire. He chose the latter, and, wonderful to say, he escaped death. Some time afterward he wagered he would do it again. He did, but this time his body was dashed to pieces.

A FINE DEPARTMENT.

"Got a good police department in this town?"

"You bet we have."

"Funny all these burglars that are working seem to be able to get away with it."

"Well, that is queer, but we've got a good department just the same."

"What makes you think so?"

"Burglars may be able to get away, but if the tail light on my car happens to blow out I get pinched before I've gone two blocks."

FOR **PINK EYE** DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

SPOHN'S DISTEMPER COMPOUND — TRADE MARK

Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. Buy by the bottle or dozen. Sold by all druggists and turf goods houses, or sent, express paid, by the manufacturers. Booklet, "Distemper, Cause and Cure," free.

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

2 IN 1

$20.00 DELIVERED AT YOUR NEAREST 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
HAMILTON, ONT.
Successors to THE GURNEY-TILDEN CO., Canada's Oldest Stove Makers

Prank of a Lightning Flash.

During a thunderstorm in Deal, England, Minnie Rogers, seventeen years old, was walking along one of the small back streets of the town carrying a number of umbrellas, etc., when a vivid flash of lightning, evidently attracted by the steel frame of one of the umbrellas she was holding, ripped open her own umbrella, struck her and threw her violently to the ground. There was only one man in the street at the time, and he assisted her to rise. Strangely enough, when she had gone so she found that all her clothes, umbrella and cap were perfectly dry, whereas before she had been drenched, for the rain poured down in torrents. Her description of her feelings was: "I just felt as though my head had been stung by a wasp there was a stinging noise in my ears, and I seemed to see a bright light, like the sun, shining through my umbrella." With the exception of her hair being slightly singed, she sustained no injury.—Strand Magazine.

Have a Good Complexion! The Flower of Good Health

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and, above all, keep the system regular. No aid to complexion compares with Dr. Hamilton's Pills. They tone and enrich the blood, clear the system of waste products, promote good digestion, and, in short, establish sound health, which, after all, is the keynote to all happiness and well-being. Don't delay; the charm of a lovely complexion and all the blessings of health are yours, once you employ this old-time family remedy. All dealers sell Hamilton's Pills in 25c boxes.

The Music of Thunder.

The bass of thunder is considerably lower than the lowest sound produced in an orchestra—below the zero of music, we call it, at which all positive apprehension of musical sound ceases and our senses are merely conscious of a roar. In observing the music of thunder our attention, however, may be most profitably directed to the expression rather than to the notes. The musical diminuendo is more perfectly represented by thunder than by any other form of sound in nature. After the first clapp is over the ear will pursue with pleasure the rolling away and gradual fainting of the peal until at an immeasurable distance it sinks into silence.

Bleeding by Bowshot.

That all diseases can be cured by bleeding is still firmly believed by several savage tribes and especially by the Patuan negroes. When one of their physicians becomes convinced that it is necessary to bleed a patient he goes several feet in front of him, and then, drawing his bow he fits a sharp pointed arrow to it and after careful aim, fires the arrow into the vein which he desires to open. The arrow, it is said, invariably goes straight to the mark, and the thorn or splinter of glass with which it is tiped does the work as successfully as a lance. Moreover, the patients never show the slightest fear, since they are convinced that from the moment the arrows pierce their veins they will begin to recover.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.
Bay of Islands. J. M. CAMPBELL.

I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Springhill, N. S. WM. DANIELS.

I was cured of Chronic Rheumatism by MINARD'S LINIMENT.
Albert Co., N. B., GEO. TINGLEY.

TAUGHT BY THE KING.

A Lesson Given by Frederick William III. to His Steward.

King Frederick William III. of Prussia was a man of few words. Whatever he had to say was always brief and to the point, as the following anecdote from a foreign journal shows:

The King, who was accustomed to interest himself in all the details of court management, ordered his steward to take special pains to see that all the carriages were amply supplied with food and drink whenever they left for a journey of a day or so, but it sometimes happened that the steward despatched the drivers without any food, giving them a coin, perhaps, to buy what they wanted. That usually meant that the driver went hungry, as he did not have much opportunity to leave his horses and dine at a restaurant.

At length the King became aware of his steward's failure to carry out his orders and awaited the next opportunity to bring the fact to his attention. He had not long to wait. That night the King stopped his coachman as he entered the courtyard and upon inquiry found that the man had had nothing to eat since breakfast. He held out a dollar in his hand that the steward had given him to buy food with. Without a word the King took the dollar.

He went into the castle and summoned the steward. That worthy appeared immediately and made a profound bow, but as he raised himself up he was surprised to feel a coin placed against his mouth.

"Eat it!" ordered the King.

"But, your majesty, I——"

"Eat it!" the King again roared.

"Why, your majesty, I can't eat it!"

"Oh, you can't? But you expected the coachman to! Well, in the future just remember that—that people eat food, not money. Do you understand?"

The steward understood. In the future the King's coachmen were amply supplied with provisions whenever they went upon a journey.

A lawyer is trying to have an all-night waiter restrained from keeping him awake with cries of "Ham and!" or "Draw one!" But his grievance is petty compared with that of thousands kept awake because they have eaten the stuff the waiter brings.—New York Evening Sun.

ISSUE NO. 11, 1916

HELP WANTED.

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

AGENTS WANTED.

LADY OR YOUNG MAN TO COLLECT in their locality. Dominion Works, Toronto.

FOR SALE.

FOR SALE—FANCY PIGEONS AND flying homers; prices reasonable. L. J. Holton, 62 Caroline street south, Hamilton, Ont.

MISCELLANEOUS.

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

Moral Suasion and a Strap.

"She seems to have abandoned her moral suasion ideas relative to the training of children."

"She has."

"How did it happen?"

"Well, I was largely instrumental in bringing about the change. You see, she has no children of her own, and I grew weary of her constant preaching and theorizing, so I loaned her our Willie."

"Loaned her your boy?"

"Precisely. She was to have him a week on her solemn promise to confine herself entirely to moral suasion."

"Did she keep her promise?"

"She did, but at the expiration of the week she came to me with tears in her eyes and pleaded for permission to whale him just once."

If Your Horse Could Talk

He would tell you that he can do lots more work when the wagon wheels are greased with

MICA AXLE GREASE

Mica Axle Grease fills the pores of the axle. Makes a perfect bearing surface. Reduces friction to a minimum.

Dealers Everywhere

The Imperial Oil Company Limited
BRANCHES IN ALL CITIES

May Weddings.

In ancient Rome there was held in May a festival called the Lemuria, or feast of the Lemures, which was a ceremony in honor of the spirits of departed souls. It became with the Romans what we should call "bad form" to have matrimonial feasts at the session of a solemn ritual, being no doubt thought to be an insult to the dead to marry at such a time. From this a number of stories grew of the revenge made by the outraged ghosts upon those who dared to disregard them, and if anything unfortunate happened to a couple who had been married in May it would, of course, have been put down to retribution. So the repugnance to May weddings arose, and its influence has lasted ever since, even to our time.—Exchange.

A WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural 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.

The Nebular Hypothesis.

The nebular hypothesis assumes that the matter composing our sun and planets once existed as a vast gaseous nebula, spiral in form, having an inconceivably high temperature and slowly revolving on an axis passing through its centre of gravity. As the mass cooled by radiating heat into space a contraction of volume with accelerated axial rotation would ensue, in accordance with well-known dynamic principles. The centrifugal force thus rapidly increased would cause the separation of large masses which would, by mutual attraction of their own particles, gradually assume a spherical form and become planets. By a repetition of this process, planet after planet would be thrown off and the central glowing sun would remain.

Minard's Liniment for sale everywhere

The Time to Marry.

Hepsey, the maid of color, had told the mistress she was to be married.

"Well, Hepsey," said the mistress, "I'm sorry to lose you, but I suppose it is all for the best. How long have you known the man?"

"About two weeks, ma'am."

"My! No longer than that? Don't you think you ought to wait and get to know him better?"

"No, ma'am," exclaimed Hepsey. "Er I knowed him any better I shu'd never would marry him."