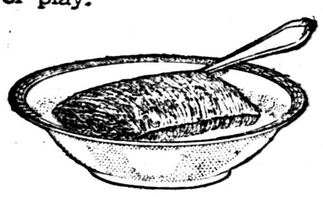
A Dollar-Meal for Five Cents—The most expensive foods are quite often entirely lacking in food value. They do not build muscle or supply energy. Measured by the cost of most foods, a breakfast or luncheon of Shredded Wheat with milk and cream is worth a dollar—and the cost is not over five cents. Two biscuits will supply all the strength needed for a half-day's work or play.



Made in Canada.

The HouseKeeper

A home remedy for biliousness is lemon juice and soda. Squeeze the juice of a small lemon into half a glass of cold water, then stir in as much bicarbonate of soda as can be held on the point of a penknife and drink effervescing.

Never allow opened fruit or vegetables to stand in a tin can. Turn them out into an earthen dish.

A baked lemon is splendid for hoarseness. The lemon is baked like an apple, then the juice or syrup squeezed over old-fashioned lump sugar and eaten.

When gas in the range is discouragingly low, a long handled corn-popper will be found useful for cooking meat in the furnace.

In decorating a child's birthday cake place marshmallows on top and stick a tiny candle in each. This does away with candle holders.

Nickel trimmings on a range can be kept bright by rubbing with whiting wet with ammonia, then polished with a soft cloth.

When putting muslin curtains on brass rods, first cover the end of the rod with the finger or an old kid glove, then there will be no danger of tearing the finest fabric.

Cheese can be kept moist a long time if wrapped in a cloth, slightly dampened in vinegar.

To clean Morocco leather, sponge it over with warm, soapy water; to remove all dust and dirt, and then rub over with a piece of clean cloth dipped in white of egg.

Keep Minard's Liniment in the house

CURIOUS FISHING CUSTOMS.

The Feast That Follows the Capture of a Turtle in Madagascar.

Some of the turtles of Madagascar are oval in form and very fat and plump; others are much thinner and flat. In order to catch them the natives go out to sea in the early morning when the ocean is very smooth and the turtles come to the surface to enjoy their morning nap. The use a kind of harpoon about twelve feet long, shod with a piece of barbed iron and attached to a strong rope a couple of hundred yards in length. The fishers approach the sleeping animal with great care, says James Sibree in "A Naturalist in Madagascar," for when it is struck it dives down immediately, and the fisherman, if he refuses to let go the rope, dives with it, so he tries to make the first blow a mortal one.

As soon as the turtle is caught the captors make for the shore, and all the people gather to share in the feast. No one is allowed to bring anything from a house to the spot. The animal must be wrenched open and cut in pieces with the knives that belong to the canoe. It must be cooked in sea water in its own shell and served in scoops or other vessels from the canoe or in pieces of turtle shell. None of the flesh can be taken into a house to be cooked or eaten there. All these and several other precautions are ancestral customs, and if they were not religiously observed the turtles would disappear, according to universal belief.

The natives of the northwest coast give a curious account of a fish that they call the hamby, which is about as long as a man's arms and as big around as a man's thigh. Its dorsal fin, they say, is like a brush, and it is smeared with a sticky liquid not unlike glue. When it catches another fish it holds it with this sticky brush, and the captive cannot get away. The people make use of this peculiarity in their own fishing. When they have caught a hamby they confine it in a light cage, which they fasten in the sea. They feed the hamby daily with cooked rice or small fish, and when they want to use it they tie a long cord around its tail and follow in a canoe. When it fastens on a fish they pull it in and seize the spoil for themselves.

Thunder at Sea.

The Astronomical Society of France has again taken up the discussion which has been before it on several previous occasions, and that is the statement that thunder is never heard at sea. The statement was originally attributed to Baron von Humboldt, and it has been frequently questioned, but those who insist that they have heard thunder at sea have also stated that the peals were not so loud as on land. A large number of seamen have been found to agree with the scientist, although it is suggested that the other noises prevailing on shipboard during a storm may be the reason why the thunder often passes unnoticed.

It stands to reason that no man is so square he can't be cornered.

SERGENT OF LERNARA.

Scientific Basis for the Myth of the Many Headed Monster.

A noted surgeon suggests that the story of the many-headed serpent of Lernaea, if a myth, is yet a myth with an altogether scientific foundation. The monster was credited with anywhere from nine to one hundred heads and, according to the legend, if one was cut off another immediately grew in its place. Some averred that each head was replaced by two.

The origin of this serpent, as well as its acts and its final destruction by Hercules, are entirely fanciful, of course, but some recent juggling in biological laboratories seems to show that the ancients may have got their conceptions of its form and being from what they had actually seen. Prof. T. H. Morgan, for instance, has cut off the anterior end of an earthworm and excised a piece of the central nerve cord. This left the anterior nerve ends, and a head grew from each.

Dr. Van Dyune recently went much further in the case of a marine planarian, actually developing six heads upon the creature, each with its own eyes and apparently normal in its functions.—Exchange.

BABY'S OWN TABLETS GOOD AS GUARANTEED

Mrs. L. Isbell, Kingston, Ont., writes: "I am using Baby's Own Tablets and find them as good as advertised. They are certainly a wonderful remedy for little ones." Mrs. Isbell's testimony is like that of thousands of other mothers. Once a mother has used Baby's Own Tablets she will use nothing else for her little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Portrait of a Business Man.

I found him dimmed by his mahogany,
A little figure in a lustrous chair,
Who talked with pudgy hands upon his knee,
('Twas in the spring and April's shining hair
Fell from the casement to the glinting floor!)
But he sat droning there
Of stocks and profits * * * and beyond his door—
Glory to man and all his works!
I heard the steady painful bustling
Of Jared Whipple's clerks;
A weary languorous rustling,
As to pent souls who beat their wings, and died
Day after day, with the light of the warmth outside!

"Business is picking up; say that for me.
The world is getting on——"
"To what?" I said.
He blinked his eyes and waged his smooth round head.
"Why, sir, to fortune and prosperity!"

Beyond his door young eyes were turning dim,
And April loosed her hair * * * and laughed at him!

—New York Sun.

Minard's Liniment Lumberman's Friend.

THE UNDERSEA CRAFT.

The Strength and the Weakness of the Modern Submarine.

The chief advantages claimed for the submarine include comparative invisibility when submerged, coupled with immunity from gunfire while in that condition. It carries a weapon against which no adequate protection has been found. It presents a small and difficult target when itself assailed by torpedo attack. Other elements in its favor are low cost, handiness, seaworthiness in rough weather, comparative immunity from floating mines as well as those laid in very deep water and the possibilities of use as a mine layer.

On the other hand, the submarine is handicapped by many disadvantages and limitations. Its radius of action is small. Its speed is low, about 11 knots on the surface and 10 knots submerged.

The periscope is useless during darkness, and to operate at that time the vessels must therefore come to the surface, thus rendering themselves very vulnerable to the attacks of surface craft. Once the submarine hull is damaged by gunfire, ramming or otherwise, it is no longer able to submerge, and its usefulness as a war vessel is ended until repairs can be made.

When flying at an elevation of less than 1,000 feet air craft can usually see submarines operating near the surface.—World's Work.

Maker of Dictionaries Not Envied.

Can any one envy the maker of dictionaries? To Sir James Murray the readers were drawn in, those who were to garner words. Some hundred thousand "works" were examined by a staff of assistants with two eyes and a bit of brain, and they may have got the spelling right. But think of the task of the searcher, going through the books he loves in search for a word! And missing all else. For the man with the demand upon him would read the Bible with one eye for misprints. No such torture for the lover of literature could be devised like the making of a dictionary.—London Caronicle.

DOMESTIC EFFICIENCY.

(Judge.)

"Does your wife scold when you get home late?"

"No. She dictates it to a phonograph and lets me have it the next day when I'm wide awake."

First Infant—I have a terrible time with my parents. Second Infant—Yes, isn't it disagreeable when they want to have their own way?

We can all learn a lesson from the busy bee; that is, not to get stung.

WHEN LONG BREATHS HURT YOUR SIDE RUB SORENESS AWAY WITH "NERVILINE"

Prompt Action Often Prevents Pleurisy or Pneumonia.

Do long breaths hurt you? Try it and see. If you notice a wheeze or a catch in your side, then be sure trouble exists.

Proper action consists in a vigorous rubbing of the back, chest and sore side with "Nerviline." This wonderful liniment sinks into the tissues where the pain is seated—gives instant relief. That catch disappears, all sense of soreness goes, and you then know that Nerviline has probably saved you from pleurisy.

Just try Nerviline for chest tightness, coughs, aches and soreness—it's a wonderful liniment, and when kept in the home saves the family from lots of ills and suffering. A large bottle on hand makes the doctor's bill mighty small, and can be depended on as a reliable and mighty prompt cure for rheumatism, sciatica, lumbago, pleurisy, stiff neck, sore muscles and enlarged joints.

Get the large 50c family-size bottle; it is far more economical than the 25c trial size. Sold by dealers everywhere, or direct from the Catarrhozone Co., Kingston, Canada.

ANTIQUES

Among the antiques coveted by the connoisseur and collector Irish glass has long held a foremost place, and as its production practically ceased about eighty years ago any genuine example may now be legitimately classed as antique.

Within the last twenty years a number of reproductions have appeared upon the market—honestly described as such in most cases—and these have had a tendency to increase interest in what was once one of Ireland's most important industries. In some cases, however, the lack of knowledge of the technique of Irish glass making and decorating has resulted in a production far from the genuine in matter of color, form or treatment, but as these are irregularities easily detected by those who know, little importance is attached to the circumstance. The color is the error most difficult to avoid, the form and decorative features being easily capable of remedy.

For at least one thousand years glass making in different forms has occupied the attention of the artist and artisan in Ireland. Legend and tradition suggest a far more remote antiquity than this, but there are few examples to prove the suggestion.

The reproductions mentioned have relation of course to the commercial products of the last two centuries, and which are invariably now designated "Waterford." Through the eighteenth and well into the nineteenth centuries the glass industry flourished in Ireland, and Dublin, Cork, Belfast, Londonderry, Dundalk and Waterford contended for the supremacy eventually conceded to the last named city.

Cut glass formed the largest part of the output at each of these centres, but Cork had almost a monopoly of the engraved and gilden ranges of decoration.

Examples of engraved and of gilded glass of Irish manufacture are much more rare than the "cut" patterns, and are eagerly sought for by the collector.

Glass beads, ornaments, and that used for ecclesiastical purposes claim the more remote periods of origin. The churches of Ireland held their treasures of glass in their superbly decorated windows. In the fourteenth century we hear of these beautiful windows, and fragments still remain of a wonderful example once in an ancient church at Kilkenny. It is recorded that seven hundred pounds was vainly offered by Cardinal Rinicini for the glorious east window of this church, and had the offer been accepted the treasure may have escaped the vandal who later wrecked the sacred building, broke up the windows and carried away the almost priceless glass.

The earliest productions seem to have been chiefly in the form of ornaments, used separately, or in combination with the precious metals. The glass mosaics in the Cross of Cong, and in the Lismore Crozier are examples of this, the later displaying remarkably skilful workmanship, though when it was made, about the beginning of the twelfth century, the industry was well advanced in Ireland, the ninth and tenth centuries having examples assigned to them.

AND THEN PROFOUND THOUGHT

(Life.)

She—You shouldn't squeeze my hand when going out of the theatre. When I squeezed back I meant you to stop.

He—Me? I—why, I, I—didn't touch your hand.

They had just become engaged. "Love makes the world go round," he exclaimed. "Yes, but do you think it will bring father around?" asked the practical maiden.

How to Slay a Grudge.

"I forgave you once, and I won't forgive you again." This is what we heard one brother say to another who had unwittingly broken his chisel for the second time. He would not listen to an explanation. "You shall not use another of my tools," he continued. The next day he wanted to borrow a book from that brother. But before he asked for it he remembered he had said he would not lend his tools any more. He said to himself: "Well, I don't care if I did. He owes me something for breaking the tool, so I will just ask for the book." And he did. "Certainly you can have it and keep it as long as you want it," replied the brother without one bit of grudge in his heart. The effect was good, for the very next day he asked his brother to go with him into the tool room, and there he said "You can use any of them if you wish, only please be careful not to break them." The grudge had disappeared.—Christian Herald.

ANTIQUES

CHINA
POTTERY
GLASSWARE
ANTIQUE FURNITURE

CORRESPONDENCE REQUESTED WITH VIEW TO
SALE OR PURCHASE

ROBERT JUNOR
62 King St. East
HAMILTON, - - - ONT.

Why the Wise Are Early Risers.

It is a curious fact in psychology that nobody can stay at the same mental and physical level for twenty-four hours together. In the morning you are more matter of fact, for instance, than later in the day. It is in the morning that the best brainwork is done, too—brainwork of the sort that requires industry and clear thinking. And it is about 11 in the morning that your body reaches its highest point of energy. It other words you are stronger, though almost imperceptibly, at 11 in the morning than at 3 in the afternoon. You reach that highest point twice in the day, for about 5 in the afternoon and muscular energy has risen again. But from 5 onward it declines steadily all through the evening and on till between 2 and 3 a.m.—New York Press.

DO NOT STIR IT

Try a package of Dr. Jackson's Roman Meal. It contains 25 per cent. flaxseed and 10 per cent. bran, both wonderful foods. The flaxseed is rendered absolutely odorless and tasteless by electrically depriving its linseed oil of oxygen and changing it into a resin. If porridge is made without stirring, it positively has no hint of flaxseed. If stirred while boiling the resin again takes up oxygen from the atmosphere and is changed back into linseed oil, tainting the porridge. Do not stir and Roman Meal Porridge is the most delicious nut brown breakfast known. It's very nourishing and prevents indigestion and constipation. Most grocers sell it.

Made by Roman Meal Co., Toronto, Canada.

NOTHING UNUSUAL.

(Kansas City Journal.)

"Better interview this Lady Eglantine," suggested the managing editor of the New York Daily Squash.

"Why, she's a hen. A hen can't do anything but cackle."

"Well, we've printed worse interviews. Go ahead."

The lack of dyes will cause a dearth of color in women's spring garments. But, cheer up, girls, white stockings can be seen four blocks away.—Detroit Journal.

SPOHN'S DISTEMPER COMPOUND TRADE MARK

COLT DISTEMPER

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPOHN'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPOHN'S.

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

Caught a Tartar.

Bishop Thornton when in Ballarat was walking one fine Sunday morning with his favorite dog, a very intelligent retriever. The dog was performing all sorts of tricks—jumping over his master's stick, retrieving it from the water, and so on.

The bishop was aware of the wide eyed interest of a small boy who, with his nurse, was walking on the shore of the lake. The bishop recognized in him the son of a neighbor with whom he was on the best of terms, although the neighbor was a leading light of Nonconformity in the city.

To amuse this boy the bishop put the dog through the whole category of his tricks and then said, "Now, isn't that a nice dog and wouldn't you like to have one like him?" To which the small boy replied sternly, "Sir, I think you forget what day this is."—London Citizen.

Chronic Skin Disorders Now Overcome Quickly

There is no hope of getting rid of disfiguring skin blemishes until the blood is purged of every trace of unclean matter.

Wonderful results follow the use of Dr. Hamilton's Pills which provide the blood with the elements it needs to become rich and red.

Quickly indeed the blood is brought to normal strength is filled with nutrition, is given power to drive out of the system the humors that cause rashes, pimples, pasty complexion and kindred ills. Don't complain. Get Hamilton's Pills to-day; they go to work at once and give prompt results. Mild, efficient, safe for men and women or children. Get a 25 cent box to-day from any dealer.

GOOD BOOKS.

When Personally Owned They Gather a Wealth of Association.

Cultivated men and women have always good books among their most valued possessions, and one cannot believe that this taste can be sacrificed without definite loss to our civilization.

The spoken word can never supplant the written word, and in fact the present tendency is all toward substituting print by speech. Nor can reading in public places take the place of reading one's own books in the quiet of one's home. Books that are owned wait patiently on the reader's leisure, and to have just the book one wants when one wants it must remain one of the supreme luxuries of cultivated life.

Books, too, when personally owned, writes Earl Barnes in the Atlantic gather around themselves a wealth of personal associations. The very binding, paper and title page recall the conditions under which the book came into our possession. As we open its pages we remember the last time we read it, the place and circumstances and the people with whom we discussed it. Books have personality, and they must always remain the warm friends of their possessors.

Better Than Spanking

Spanking does not cure children of bedwetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. S. 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.

Jaggery Sugar.

Though a Tmuil poem enumerates 800 ways in which the Palmya palm may be used, one of its most interesting used is the production of a sugar called jaggery. This is the result of boiling down the fresh juice and is one of the chief sugars of South India. Four or five quarts per tree per day is the yield for four or five months. Once in every three years the sap drawing process is omitted, as otherwise the tree would die. The tree begins to yield at fifteen years and continues for about fifty years. The female tree yields about twice as much sap as the male. Three quarts of this sap make one pound of sugar or jaggery, which is the chief sugar used by the poor classes of India.—Argonaut.

Ask for Minard's and take no other.

New Lines of Art.

The redheaded and dissatisfied boarder was a large man with a large appetite. After dinner he went out into the narrow yard, shook both his fists at the silvery moon, hurled several imprecations toward the congress of the stars and burst forth into a picturesque and voluminous flood of abuse which was devoted entirely to the landlady. One of the other boarders who had been at the house a long time, thereby accumulating a pallid look and a palate with corns on it, drew near timidly and ventured to ask what the special kick was.

"What's the matter?" echoed the large man. "That old dame's the first woman I ever knew who could literally paint food on a plate."—Popular Magazine.

Another Pull.

The Kaiser has a habit of gently tugging at his left ear when anything bothers him.

One day some years ago when he was on a visit to England he was handed a telegram. The contents of the message apparently displeased him, for he immediately began tugging at his ear.

The Prince of Wales, then a boy, watched the performance with considerable interest.

"Uncle," he said at length, "why are you pulling your ear?"

"Because I'm annoyed, I suppose," replied the Kaiser.

"And when you're very annoyed," persisted the young prince, "what do you do then?"

"Then I pull somebody else's," announced his majesty viciously.—London Tatler.

The State of Ohio is to establish a postal system for the service to the various State Department entirely separate from that of the National Government. In the State House will be placed a central postoffice, which will handle all the mail sent from one department to another.

ISSUE NO. 13, 1916

HELP WANTED.

WANTED—NAPPER TENDER ON Gessner Machine. Also man for Fulling Mills. For particulars, apply to The Slingsby Manufacturing Company, Limited, Brantford, Ont.

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.

FOR SALE.

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

MISCELLANEOUS.

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

Donizetti and Coffee.

Donizetti, composer of "Lucia di Lammermoor," sought inspiration in the coffeepot. It would be interesting to know accurately the total amount of coffee this erratic genius managed to consume during his short career. It was his habit to shut himself up in his room with writing materials and three or four coffeepots full of steaming coffee. When these were emptied he ordered in three or four more and, these disposed of in their turn, another three or four. His biographer says that the amount of coffee he drank was "fabulous," and one can well believe it. The effect on his once fine constitution was deplorable. His face shriveled and turned yellow, his lips became black, and with the inevitable breakdown of his nervous system his genius fell rapidly into premature decay.

Blocks wheels and takes profits.

MICA AXLE GREASE

Kills friction and makes profits.

Dealers Everywhere

The Imperial Oil Company Limited

BRANCHES IN ALL CITIES

Too Much for the Scot.

A Scottish farmer paid a visit to a south of England cattle show and while walking around got talking with a native farmer. Neither could well understand what the other said. The Scotchman got a little nettled at this and put it down to the Englishman's stupidity.

"Man," he said at last, "yer cows moo a' right, and yer cocks craw quite plain, but I'm hanged if I can mak' you oot!"—Exchange.

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me.

PROSPER FERGUSON.

The Appian Way.

The famous Appian way was constructed by digging two parallel trenches, three feet in depth, at the bottom of which were placed two layers of flat stones in mortar, upon which a layer of cobblestones was placed, also laid in mortar. Then came a course of pebbles in concrete, over which were placed large, flat blocks of smooth lava, well joined together, forming an even, uniform surface. It was primarily a military road, and extended from Rome to Brundisium, a distance of 350 miles. So perfect was the construction of this celebrated road that it still exists in places as good as ever, notwithstanding it was made more than twenty centuries ago.

Minard's Liniment used by Physicians

CANADIAN WOODS ONLY

Not very long ago Lord Shaughnessy announced that so far as possible Canadian woods only would be used in connection with the construction and interior finish of all Canadian Pacific buildings, railway cars, etc., an announcement which was hailed with great satisfaction by the lumber interests of the Dominion. That such a programme was possible was known to the forestry experts who have applied to the various Canadian Government exhibits in Europe and the United States magnificent samples of hardwoods with beautiful grains and attractive finish. It would seem that these woods are not being exploited sufficiently, but, no doubt, now that it is known there will be a good demand for it, manufacturers will give the matter greater consideration.

WHEN WOMEN RULE.

(Kansas City Journal.)

"Who is that lady?"

"Our peerless leader, Mrs. Cincinnatis Wombat. Called right from the fireless cooker to the senate."