

COMPLEXION EVERY WOMAN LIKES

To preserve her complexion, and she finds this an easy task, if she uses Zam-Buk. This herbal balm not only keeps the surface skin smooth and soft, but penetrates to and feeds the underlying tissues. It stimulates the cells to healthy action, and produces vigorous circulation, which by carrying away all impurities creates a permanently clear complexion. How much more satisfying than a temporary complexion produced by powders and cosmetics!

50c. box, all druggists or Zam-Buk Co., Toronto.

ZAM-BUK

GASOLINE FUMES.

The Gas Given Off by This Popular Fuel Acts Like an Anesthetic.

Gasoline fumes, in addition to being highly inflammable, are also poisonous to the human being. This fact has only recently been developed by medical authorities and it is possible that its discovery might have the effect of explaining some deaths that have been assigned as probably due to other causes. The fumes are poisonous under certain conditions and it is well to have these conditions thoroughly understood, else there may be more deaths from this cause. Combined with enough air there is little or no danger, but when a person is subjected to the influence of the fumes in a confined place the chances are that they will be affected in a way that might have fatal results. So far as their investigations have gone the chemists and medical men who have investigated gasoline poisoning have come to the conclusion that its effects are very much like being overcome with an anesthetic. The victim suddenly collapses and becomes unconscious. During the period when consciousness is lost the people have very much as do people who have been subjected to ether as an anesthetic.

DODD'S KIDNEY PILLS

23 THE P...

Some of them fight and scream and some of them are perfectly still. As in the case of an anesthetic, the recovery is dependent on the individual. It is not often that there are any bad effects from it, however. In a number of cases that have occurred in Montreal, where the discovery of the poisonous nature of the fumes has been prompt and the victims were able to return to work the next day. In all of these cases, however, restorative measures were commenced immediately on the men being overcome—the victims being men in these cases—so that there is no evidence of what the fumes will do if the person overcome by them is not given immediate attention. That is, there is no positive evidence so far as the Montreal authorities know. There have been cases where deaths occurred which, in light to the discovery that has been made, may safely be assigned to inhaling gasoline fumes. One of these was the case of a man who was painting or cleaning the inside of a gasoline tank and was found dead. Another was the case of a chauffeur who was found dead in a garage where there was no ventilation and where the fumes of gasoline were very strong. It is pointed out that, in view of the universal custom of using gasoline as a cleaning material by workmen, it would be well to see that the room where it is used, is well ventilated with a steady current of fresh air. There is no danger so long as the fumes are not confined—just as there is little or no danger of explosion when the gas is allowed to mingle freely with the air.

Note Your Increase In Weight

By making the blood rich and red Dr. Chase's Nerve Food will build up your cells and tissues and nourishes the starved nerves back to health and vigor.

By noting your increase in weight while using it you can prove positively the benefit derived from this great food cure.

30 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

Dr. Chase's Nerve Food

Odd and Interesting Facts.

Dominica has a boiling lake of unknown depth.

Native girls of New Britain are kept in cages until they marry.

Nine cubic inches of water frozen will measure ten cubic inches.

A bird that cannot fly is the black wood hen of New Zealand.

Eleven grains of radium were produced in the United States last year.

Iceland is made up of a Texas orchard to retard the budding until desired.

Many spiders have poison fangs, but few are dangerous to human beings.

The world's ski jumping record is held by an American, who covered a distance of just under 192 feet.

In Wales the Hedgegarlic, or, as it is more commonly called, "Jack-by-the-hedge," is often fired with bacon.

The Mannlicher-Carcano rifle carried by the Italian soldier is six inches longer than the British rifle and four ounces heavier.

Alligators' eggs are eaten by natives in the West Indies and Western Africa. They are similar to a hen's eggs in shape and taste, but larger.

China has the largest bridge in the world, extending five and a quarter miles over an arm of the Yellow Sea, and being supported on 300 stone arches.

No Girl Need Have A Blotched Face

Whether it be in capturing the heart of man, or making her way through the world by the toil of her hands, a charming and pretty face gives any girl a big advantage. Poor complexion and rough, sallow skin are caused by blood disorders. The cure is simple. Just use Dr. Hamilton's Pills—a reliable family remedy that has for years been the foremost blood remedy in America. That soft glow will return to the cheeks, the eyes will brighten, appetite will improve, strength and endurance will come because sound health has been established. Get a 25c box of Dr. Hamilton's Pills today. Sold everywhere.

Queer Tail of a Bird.

Signal officer of the birds' army corps is the racket tailed hummingbird. For his duties nature has equipped him with a pair of purple flags fashioned out of two long and peculiar tail feathers. His wings give his signals from one tree to another, issues his challenges to battle and courts his mate. When he's not signaling he's slipping honey from the flowers and trying to keep his tail from entangling itself in the briars.

He's a midget of the South American mountains. He has short wings, which he operates at lightning speed. His tail is a combination of two wire-like handles, with a purple tuft of feathers at the end of each. He crosses them near the middle, and sometimes he brings the pair of "rackets" at the end of his head, as though trying to fan himself.

The male birds have a sort of love dance which they engage in during the mating season. Then they play all sorts of tricks with the rackets. Philadelphia North American.

How a Bird Dresses.

As bird fashions do not change, two suits a year are quite enough for most birds, but they need to take great care of them. Each separate feather must be cleaned and looked over and the useless ones pulled out. These feathers are not packed close together, you know, but are loose and have places between filled with air. When a bird wants to get warmer he lifts his feathers so that these air spaces may be larger. But if his feathers are tangled or wet and dirty he could not raise them, and soon he could not keep the heat in his little body and would, of course, die.

DRS. SOPER & WHITE

SPECIALISTS
Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Gleet, Gonorrhea, Blood, Nerve and Bladder Diseases.

Call or send history for free advice. Medicine furnished in tablet form. Hours—10 a.m. to 1 p.m. and 2 to 6 p.m. Sundays—10 a.m. to 1 p.m.

Consultation Free
DRS. SOPER & WHITE
25 Toronto St., Toronto, Ont.

Please Mention This Paper.

Odd and Interesting Facts.

Hamburg has an experimental plant that obtains power from the ebb and flow of North Sea tides.

Russia's population will be 600,000,000 by the end of this century if it maintains its present rate of increase.

To prevent skidding and slipping in damp weather the streets of San Francisco are sanded by a machine mounted on a motor truck.

The net investment of the United States reclamation service at the beginning of the present fiscal year was approximately \$100,000,000.

The first sewing machine of which there is authentic record was patented in England in 1755, eighty-one years before the first American machine.

The Egyptian vulture was the chief scavenger of the land of Pharaoh.

Cost of government meat inspection in the United States is said to amount to 4 cents per capita annually.

NO VULGAR DISPLAY.
(New York Times)
"Congratulations, my boy," said the attorney, "you have inherited a nice little fortune."
"Yes," assented the fortunate youth. "I suppose you will pay a lot of your debts now?"
"I had thought of it, but I concluded to make no change in my maxims of living. I don't want to be accused of vulgar display."

MAGIC BAKING POWDER

CONTAINS NO ALUM.

The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.

E.W. GILLETTE COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

The Daring of British Fliers

As for the way in which British aviators bully the enemy's machines when they can get at them, a few specific examples will illustrate it, says the London Times' correspondent. On Sept. 1 Lieut. "encountered a formation of twelve Roland's." Naturally, Lieut. got away as fast as he could. Did he? Read this: "He dived in among them, firing one drum. The formation was broken. Lieut. then got under the nearest machine and fired one drum at fifteen yards under the pilot's seat, causing the machine to plunge to earth southeast of Bapaume. Shortly afterwards some more hostile aeroplanes came up in formation. Lieut. attacked one, which went down and landed in a gap between two woods. Several other machines were engaged with indecisive results, and, having expended all his ammunition, Lieut. returned."

It was careless of Lieut. not to have more ammunition about him; but what is one to say of a man like this, who spends a happy day in tackling, first, twelve enemy machines, and then "several" more diving into them like a hawk into a flight of pigeons, and simply "shooting" them all over the sky?

And that same evening another Lieut. tenant took a hand in the game of fluttering Volscians. The covey which he ran into had only eight birds. He picked out one—doubtless the old cock, though the report does not say

Minard's Liniment Cures Diphtheria.

English and French.

It is truly a graceful speech, the French tongue. Plain, homely, things of life, so bald and bare and disliking in the Anglo-Saxon, are less lovely in the French. Indeed, the French word for "rag" is so pretty that we have conferred chignon on one of our daintiest fabrics. But in the grace of the language lies also its weakness. It does not rise to sublime utterances. I have been reading the Bible texts on the tombstones in the little cemetery of Chardonne. "L'eternal est mon berger" can never rank in loftiness with "The Lord is my shepherd," nor "Que votre coeur se trouble point" with "Let not our heart be troubled."

2 IN 1 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 Damper.
- 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 for one to your nearest railroad station.

\$21.00 DELIVERED AT YOUR HOME TOWN

HAMILTON STOVE & HEATER CO., LIMITED
Hamilton, Ont. Canada's Oldest Stove Makers.

Baby's Sleep and Rest.

The baby should sleep alone in its own crib, protected from flies.

Remove all clothing at bedtime and replace by clean, comfortable night-clothes.

If the baby cries when it should be asleep, it is either sick, overfat, hungry or uncomfortable.

Constant jumping or jarring of the baby is likely to hurt its nerves and upset its digestion.

A very young baby during the first three months of its life must have from 18 to 20 hours sleep out of the 24.

Never rock the baby, use soft pillows or comforters to put the baby to sleep. Never let a baby suck a nipple unless he is getting food through it at the proper feeding time.

Never give a baby or children food purchased from pushcarts, hawk-poke, ice-cream wagons, etc. Give the simplest prescribed foods.

Patent medicines or soothing syrups must never be given to babies. Many deaths of babies and children have been caused by sleeping or soothing medicines.

See that the bedding, diaper and clothing are clean, smooth and an airy, wrinkled, the room should be darkened while the baby sleeps, kept quiet and well ventilated. The windows should always be opened at the top at least six inches; in summer-time wide open.

ON TIME.

(Boston Transcript.)
"My tailor has promised to have my suit done to-morrow."
"Do you think he'll give it to you on time?"
"Oh, no; I'll have to pay cash."

TRAVEL THE BRIGHTEST WAY

2 IN 1

Shoe Polishes

BLACK WHITE TAN

BLACK WHITE TAN

SHOES NEAT

Recipe for Troubles.

Would you like a recipe for the little vexations and annoyances of life that keep the mind uneasy and disturbed? Let us give you one. Get out in the silence of some starry night and look up at the stars for a minute or two. Get within their influence for a moment. Take in the spirit of their tranquility and peace. Think what they are and where they are, and you will soon lose yourself in the infinity of their being. You will begin to feel God has made this world big enough for you and that the little cares that vex you are only intruders that you should despise and scorn. Just try it, and if it does not cure you, you are not the man you think you are.

TRAPPERS! Send your RAW FURS to JOHN HALLAM

and receive highest cash prices. We buy all kinds of furs and pay all charges. Charge no commission—and pay all charges. We will pay you \$1.00 for every pound of furs you send us. We will pay you \$1.00 for every pound of furs you send us. We will pay you \$1.00 for every pound of furs you send us.

FREE! Hallam's Law Book. Hallam's Law Book. Hallam's Law Book.

201 Hallam Building, Toronto.

Four Great Musicians.

Palestrina was a revolutionist in his day, but is now virtually obsolete even for the severest classicists. Gluck was as radical an innovator as Wagner, yet it is only occasionally and with difficulty that one of his works can now be briefly re-entertained. Beethoven was a madman even to many of the best musicians as late as 1865, when, as that musical veteran, Professor Haupt, himself said, the "Fifth Symphony" was rehearsed in Berlin for the first time and the orchestra dashed the music from the racks, declaring it was crazy and could never be played. Now this same "Fifth Symphony" is considered a model of form, and its composer is the cherished idol of conservatives and classicists.

When Work is Play.

The Secret of Contentment is Found in Proper Employment.

A philosopher once said that "no man properly employed was ever miserable." And a more truthful statement was never made.

To be properly employed one must be engaged in a business in which he has faith and confidence and for which he has respect. If he doubts the legitimacy of the business, if he must resort to practices which he feels are questionable, if he isn't proud of his occupation, he is not properly employed. If the work he is given to perform falls upon him, if he feels that he is engaged in doing something else, if he envies the other employee his place in the shop or factory, then the work dealers and destroys, and misery follows.

The writers got things bared up when they talked about work and play. Too great a distinction was drawn. Play was pictured as something that gave happiness and work as something which one performed only because he was hungry.

The truth is, it is all play or ought to be, for the man who is properly employed is only engaged in playing. He gets as much delight from it as he formerly got from the childish games or should. Certainly there can be no misery where a man has found his work.

"That get-rich-quick man is as busy as a bee." "Yes," replied Cumrox. "He's one of those busy bees who can't manage to gather honey without incidentally stinging somebody."—Washington Star.

Magic "Nerviline"

Ends Stiff Neck, Lumbago

Any Curable Muscular or Joint Pain is Instantly Relieved by Nerviline.

GET TRIAL BOTTLE TO-DAY.

You don't have to wait all day to get the kink out of a stiff neck if you rub on Nerviline. And you don't need to go around complaining about lumbago any more. You can rub such things away very quickly with Nerviline. It's the grandest liniment, the quickest to penetrate, the speediest to ease muscular pain of any kind.

One twenty-five cent trial bottle of Nerviline will cure any attack of lumbago or lame back. This has been proved a thousand times, just as it was in the case of Mrs. E. J. Gray, of Caledonia, who writes: "I wouldn't think of going to bed without knowing we had Nerviline in the house. I have used it for twenty-odd years, and appreciate its value as a family remedy more and more every day. If any of the children gets a stiff neck, Nerviline cures quickly. It is earache, toothache, cold on the chest, sore throat, Nerviline is always my standby. My husband once cured himself of a frightful attack of lumbago by Nerviline, and for a hundred ailments that turn up in a large family Nerviline is by far the best thing to have about you."

SNEEZING OMENS.

At One Time a Sneeze Was Regarded as a Death Warrant.

Sneezing from very remote times has been regarded with superstition. Our forefathers went to bed again if they sneezed while putting on their shoes. A sneeze to the right was deemed lucky; to the left, of evil portent. To sneeze near a burial place was very unlucky.

Tradition has it that sneezing was at first a fatal sign—every human being sneezed but once and then died—but Jacob petitioned the Creator to remove the sneezing ban and succeeded. Thence arose the once universal custom of saluting a sneezer with "God bless you" or "May you live long!" The custom still obtains in some parts of Europe.

In England not only was a sneezer blessed, but friends raised their hats to him as well. In an old book, "The Code of Conduct," it is directed that "if his lordship sneezes ye are not to bow out 'God bless you!' but bow to him 'God bless you!' All over the world the sneeze was recognized. Whole na-

ISSUE NO. 47, 1916

HELP WANTED.

WANTED—GIRLS TO WORK ON knit underwear—seamers and finished stitchers preferred. We also teach learners, any girl with good knowledge of plain sewing, good wages, ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Grafton streets, Hamilton, Ont.

WANTED—EXPERIENCED COOK—general, no laundry work, wages \$25.00, references. Address, 255 Queen street south, Hamilton, Ont.

GIRLS WANTED

Experienced knitters and loopers, also young girls to learn. Clean work and highest wages.

CHIPMAN-HOLTON KNITTING CO., LIMITED.
HAMILTON, ONTARIO.

FOR SALE.

FOR SALE AT A BARGAIN

2 POTTER CYLINDER PRESSES—A half sheet Double Demy and half sheet Double Royal size. Make us an offer for them. Well suited for a County Printing Office. Address: Times Printing Company, Hamilton, Ont.

Minard's Liniment Cures Diphtheria.

THE DOUBTFUL PART.

(Maclean Telegraph)
The Big Boss was consulting Nelse, the eminent relative to the qualifications of an applicant for a place as assistant janitor.

"Do you know this fellow's reputation for truth and veracity?" he asked.

"Yes, sir, yes, sir, I guess I do," responded Nelse.

"Well, what is it?"

"Well, sir, he always tells the truth, I reckon, but he never is ketchin' him in no lie, but he's got his 'tricky' business. I'm awinter to fair wid you, some day he will an' some day he won't."

Minard's Liniment Cures Diphtheria.

Gentleman—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering by the judicious use of MINARD'S LINIMENT.

The above facts can be verified by writing to him, to the parish priest, or any of his neighbors.

A. COTE, Merchant.
St. Isidore, Que., May 12, '98.

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"The White Flour Pinch"

—have you felt it? With the advancing price of wheat "the seven-cent loaf is doomed," say the bakers. In its place we have the eight-cent loaf—in many cities only the sixteen-cent loaf. A loaf of white flour bread is not a complete ration. However wholesome and pure, it does not supply all the proteins the human body needs. In Shredded Wheat Biscuit you have all the body-building nutriment in the whole wheat grain prepared in a digestible form. It is always the same price, always the same high quality. Eat it for breakfast with milk or cream or with fruit.

Made in Canada

EVER

Must Aid War

Herin, a table, crossed, Monday, organizing a, is, estimate of, of such persons, doing work, with, during, available, fighting war, out, disturbing, sary industry, It, a contrivance, to ask for, and not to, present, although, in the case of, show that they, full, occupation, trustworthiness, the government, with occupation, canners of the, be able to, workers.