MAGIC
BAKING POWDER
THE STANDARD AND FAVORITE BRAND.

MADE IN CANADA CONTAINS NO ALUM

The Way of a Boy.

This is the way a boy comes home
And the way it shall ever be:
A scamper of feet through the leaf and loam
A coat cast off and quite forgot,
A whistle and ringing cheer,
A coat cast off and quite queer,
And a romp near every well known spot
On the way from there to here.

This is the way a boy makes haste,
And the way it has ever been;
A squirrel seen is a squirrel chased,
And a top is made to spin;
A tree's to climb and a brook's to wade,
And the shade is a place to lie
After the zest of the game that's played
When the sun is hot and high.

This is the path a boy calls straight:
By every winding way,
Where berries are or wild birds wait
Or squirrels dart at play;
By banks that bid you sit and cool
Two dusty feet and brown
In the pebbly shallow of the pool.
That's on the way from town.

This is the errand swiftly done,
As doing shall ever be:
An ounce of care to the pound of fun,
And an hour that grows to three;
A fence to climb and a rail to stride,
With berries to hunt and share,
And a breathless quarter hour beside
A timid woodchuck's lair.

And this is the thing that a boy calls care
And the thing it shall ever be:
An old straw hat that's lost somewhere
In the shade of some far off tree;
A shirt that's damp or trousers rent,
A bruise or a hornet's sting,
And lagging footsteps onreward bent
In the soft twilights of spring.

So these are the ways that boys all know
And so may they ever be:
Fancies as fickle as winds that blow,
And dreams as wide as the sea;
Heaven above where the blue sky smiles
With no day overlong,
And a whistle of merry tunes that whiles
A whole world into song.
—James W. Foley, in Youth's Companion.

GUARD THE CHILDREN FROM AUTUMN COLDS

The fall is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mother's best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent colds or if it does come on suddenly the prompt use of the Tablets will quickly cure it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

CHARGE OF THE GUARDS

Philip Gibbs, the English war correspondent, tells of the Guards' charge in the Somme battle:

I must tell a little more in detail the story of the Guards in this battle. The Guards had their full share of fighting and of difficult fighting, with strong forces against them. They knew that would be so before they went into the battle and yet they awaited the hour of attack with strong hearts, quite sure of their courage, proud of their name, full of trust in their officers, and eager to give a smashing blow at the Germans. They went away as one might imagine the knights and yeomen of England at Agincourt. For the first time in history the Coldstreamers, three battalions of them, charged in line, solid waves of men. Behind them were the Grenadiers, and again behind these were the Irish.

They had gone not more that two hundred yards before they came under an enfilade fire of massed machine guns. The noise of this fire was so loud and savage that although hundreds of guns were firing, not a shot could be heard. It was just a stabbing, staccato hammering of German maxims.

Men fell, but the lines were not broken. Gaps were made in the ranks, but they closed up. The wounded did not call for help, but cheered on those who swept on and past: "Go on, lily whites" (which is the old name for the Coldstreamers). "Get at 'em, lily whites."

They went on at a hot pace, with their bayonets levelled. Out of the crumbled earth, all pits and holes and hillocks, torn up by the great gunfire, grey figures rose and fled. They were terror-stricken by this tide of men.

The Guards went on. Then they were cheered by two lines of trenches, wired and defended by machine guns and bombers. They came upon them quicker than they expected. Some of the officers were puzzled. Could these be trenches marked out for attack, or other and unknown trenches? Anyhow, they must be taken, and the Guards took them by frontal attack, in the face of continual blasts of machine gun bullets.

There was hard and desperate fighting. The Germans defended themselves to the death. They bombed the British, who attacked them with the bayonet, served their machine guns until they were killed, and would only surrender when the British were on top of them. It was bloody work for an hour or more. By that time the Irish Guards had joined the others. All the Guards were together, and together they passed the trenches, swinging inevitably under a machine gun fire which poured into them from the right, but going steadily deeper into the German lines, until they were 2,000 yards from their starting place. Then it was necessary to call a halt. Many officers and men had fallen. To go further would be absolute death. The troops on the right had been held up. The Guards were up in the air, with their flank open to all the fire that was flung upon them from the German lines.

The temptation to go furtner was great. The German infantry was on the run. They were dragging their guns away. There was a great panic among the men who had been hiding in the trenches, but the German machine gunners kept to their posts to prevent a rout, and the Guards had gone far enough through the scouring bullets. They decided, wisely, to hold the line they had gained, and to dig in where they stood and make forward posts with strong points. They had killed a great number of Germans and taken two hundred prisoners. So they halted and dug and took cover as best they could in the shell craters and broken ground, under a fierce fire from the Germans.

The night was a dreadful one for the wounded and for the men, who did their best for the wounded, trying to be deaf to agonizing sounds. Many of them had hair-breadth escapes from death. One young officer in the Irish Guards lay in a shell hole with two comrades, and then left it for a while to cheer up other men lying in the surrounding craters. When he came back he found his two friends dead, blown to bits by a shell.

In spite of all these bad hours, the Guards kept cool, kept their discipline and their spirit. The Germans launched counter-attacks against them, but were annihilated.

The Guards held their ground and gained honor for the self-sacrificing courage which has ever given a special meaning to their name. With the other regiments, they struck a vital blow at the German line of defence.

Minard's Liniment Cures Garget in Cows.

NO PRECAUTION NEGLECTED.

(Harper's Magazine)

The little son of a clergyman recently appeared at breakfast with distinct evidences of a hastily made toilet.

"Why, Edmund," his mother remonstrated, "I believe you forgot to brush your hair!"

"I was in such a hurry to get to school," he explained.

"I hope you didn't forget to say your prayers?" she asked anxiously.

"No, siree!" was the emphatic assurance: "that's one thing I never forget. Safety first!"

2 in 1 SHOE POLISHES

BLACK-WHITE-TAN 10¢

KEEP YOUR SHOES NEAT

PLANTS OFTEN ARMED.

Only Goat Will Attack One Plant —Some Carry Poison.

Many plants protect themselves from their enemies by the use of spikes or prickles, and venom, just as certain animals do. Of those using the first named device there are—as a naturalist pointed out —innumerable examples. The bramble, the gorse, and the holly are familiar instances of shrubs and trees "armed to the teeth," so to speak. Many plants imitate the reptiles in arming themselves with venom. Of these are the deadly nightshade, or belladonna, and the nux vomica. Less destructively inclined are those plants which are simply protected by their disagreeable taste. The common buttercup, which is one of these, is generally shunned by horses and cattle. A plant which, like the skunk, is protected by a disagreeable smell is the figwort. Only that hardy and insensitive animal, the goat, will touch it.

I was cured of Rheumatic Gout by MINARD'S LINIMENT.
Halifax. ANDREW KING.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.
LT.-COL. C. CREWE READ.
Sussex.

I was cured of Acute Rheumatism by MINARD'S LINIMENT.
Markham, Ont. C. S. BILLING.
Lakefield, Qpe., Oct. 9, 1907.

ENGLAND.

"Great England put her armor by, and stretched
Her stately limbs to slumber in the sun.
The nations, seeing then how long she slept,
Communed together, and in whispers said:
'Lo! She is old and tired; let us steal
The crown from off her brow. She will not know.'
And Gonerll and Regan, over seas,
Mocking her, cried: 'Her time is past. Her blood
Is sluggish, and her rusted sword from out
Her scabbard she will draw no more. And so,
Thus gibing, flung with cruel hands the seeds
Of discord and of hate amidst her sons.
But from the East there came a blast too loud,
As from the West there came a taunt too much;
And she, awaking, raised her head, and and saw
Around her all the faithless friends, and all
Her sisters and her children jeering her,
And crying, 'She is old' and meting out
Her lands among themselves, and parcelling
Her honor. Then, swift as lightning flashes
From blue skies, her glance of scorn fell on them,
And they crouched, like wolves that are o'ermastered.
England stretched out her hand and touched the world—
England arose, and spake, and calmly said:
'Nay! I am mistress still!' "

Thirty-four years ago Ouida (Louise Rame), wrote these lines. She lived to within six years of the great war.

Minard's Liniment Cures Diphtheria.

An Ingenious Picture.

There is in one of the European picture galleries a painting called "Cloudland." It hangs at the end of a long gallery, and at first sight it looks like a huge repulsive daub of confused color without form or comeliness. As you walk toward it the picture begins to take shape. It proves to be a mass of exquisite little cherub faces like those at the head of the canvas in Raphael's Sistine Madonna. If you go close to the picture you see only an innumerable company of little angels and cherubim.

DOES CATARRH BOTHER YOU? ARE YOUR NOSTRILS PLUGGED?

Why not give up that snuff and stop dosing your stomach? The one sure treatment is "Catarrhozone," sure to cure because it goes where the disease really is. Certain to cure in your case because it has cured tens of thousands worse than you are. Catarrhozone is a thorough cure, because it destroys the causes as well as the effects of the disease. Relief is prompt, cure is quick with this powerful remedy, which is guaranteed to cure Catarrh in any part of the nose, throat, bronchial tubes or lungs. To be really cured, use only Catarrhozone, and beware of dangerous substitutes meant to deceive you for genuine Catarrhozone, which is sold everywhere, large size, containing two months' treatment, costs $1; small size, 50c; sample size, 25c.

FACTS FOR THE CURIOUS.

Eighteen thousand bricks can be manufactured by the steam process in 10 hours.

An agricultural census of Uruguay has been postponed because of the losses occasioned by an invasion of locusts.

It is estimated that those slain on the battlefield represent about half the total deaths attributed to war.

A dinner table reaching round the earth 16 times would be required if the inhabitants of the world sat down at a meal together.

With a four-horsepower engine a motor-driven plow of English invention cuts a six-inch furrow at a speed exceeding three miles an hour.

The charts of the coast and geodetic survey will be publicly displayed at the leading post offices of the United States to make persons familiar with their use.

The islands of Lake Erie are part of a limestone ridge that the ice-age glaciers did not wholly reduce. Geologists call this ridge the Cincinnati anticlina. It extends into Tennessee.

ZAM-BUK

Purely Herbal—No poisonous coloring matter.
Antiseptic—Stops blood-poisoning, festering, etc.
Soothing—Ends quickly the pain and smarting.
Heals all sores.

50c. Box. All Druggists and Stores

A calculator that shows the money values of one country in the terms of several others and applies the values to various weights and measures has been invented by an Englishman.

That the "back-to-the-farm" movement is led by city boys is shown by statistics at the agricultural school of the Pennsylvania State College. Today the three large cities of Pennsylvania have more than 200 young men in the school. Some of these have never seen a farm, except at a distance.

Aluminum is one of the most abundant of metals, and ranks third among the elements which compose the crust of the earth, being exceeded only by oxygen and silicon. It is an important constituent of all common rocks, except certain sedimentary rocks, as sandstone and limestone. It is never found native or in elementary form, but occurs as an oxide, hydrous oxide, flouride, phosphate, sulphate silicate or other compound.

THE ONLY WAY TO CURE RHEUMATISM

MUST BE TREATED THROUGH THE BLOOD AND THE POISONOUS ACID DRIVEN OUT.

The tortures and twinges of rheumatism are not due to cold, damp weather, as so many people suppose. Rheumatism comes from poisonous acid in the blood. This is a medical truth that every rheumatic sufferer should realize. There is only one way to cure rheumatism—it must be treated through the blood. All the liniments and rubbing and so-called electrical treatment in the world will not cure rheumatism, and the sufferer who tries them is not only wasting money, but is allowing the trouble to become more firmly rooted in the system and harder to cure when the proper remedy is tried. Dr. Williams' Pink Pills have had remarkable success in curing rheumatism because they go right to the root of the trouble in the blood, driving out the poisonous acid, releasing the stiffened joints, clearing away the torturing pains, and giving the victim renewed health and ease. Mr. Vincent Brow, Havre Boucher, N. S., says: "For two years I was an almost constant sufferer from rheumatism, the trouble being so bad at times that I could scarcely get about. The trouble seemed to bring with it anaemia, and altogether I was in a very bad condition. I used doctor's medicine for almost a year without relief. Then on the advice of a friend I decided to try Dr. Williams' Pink Pills. I think I took altogether about a dozen boxes, with the result that I am again enjoying perfect health."

You can get these pills through any medicine dealer or by mail, post paid, at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

SCIENCE NOTES.

It is said that one-fourth of the so-called germicides are useless.

Women are taking a rapidly-increasing part in the medical profession.

A New York woman is the inventor of many new surgical instruments.

The first European nation to adopt the metric system of weights and measures was France. This was in 1790, and was followed by Holland in 1816, by Belgium in 1820 and by Sweden in 1889.

One-half of the 12,000 fires which took place in New York city last year were traceable to carelessness.

The loss by hog cholera last season alone in the United States was $100,000,000.

The verdict comes from England that women are poor "drummers" and their number is decreasing.

On the western wheat ranches five meals a day are offered as inducements for harvest hands.

In every 1,000 marriages solemnized in Great Britain 21 are between first cousins. Among the nobility the rate is much higher, amounting to 45 in 1,000.

Washington stands first in lumber production, with Louisiana second.

A bee will visit from 80 to 100 heads of clover before getting a single load of honey.

At the last computation (1910) there were 4,003,344 work people in the State of New York, 983,686 of them females.

The State of Washington shows the smallest death rate of any of the United States.

Generally speaking, the New England States have the largest death rate, but in recent years the greatest improvement has been shown in this section.

DODD'S KIDNEY PILLS

Oil lamps lighted the London streets in 1681 and onward, while gas came into use just over 100 years ago.

Great Britain in one year spends nearly $150,000,000 on tobacco.

Boston and New York talk over the telephone 600 times each day.

The population of Long Island is more than that of the States of New Hampshire, Vermont, Montana, Utah, Idaho, Oregon, Delaware, Nevada and Wyoming.

On a test, a bee was found competent to pull a weight 300 times greater than its own.

A WOMAN'S MESSAGE

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, Ontario.

Chronometers Aboard Ship.

A ship's chronometer is the most wonderful and accurate timekeeper made, for upon its accuracy depend the lives of all on board. So accurate, indeed is a ship's chronometer that it does not vary a second a day. An error of only a few seconds may put a captain of a vessel miles out of his reckoning at sea and run the ship into great danger. For that reason every ship's timepiece goes through the most thorough tests before it is pronounced perfect. It is set going in a very hot room and then transferred to a cold one, for it may be used in any part of the world, from the polar regions to the tropics, and it must always keep good time.

Most large vessels have three chronometers on board in case of accident, and whenever a vessel goes into port they are sent on shore and tested to see if they are still accurate. On board ship the chronometer is kept amidships, because there are the least motion and the smallest variation of temperature.

Minard's Liniment Cures Colds, Etc.

Resourceful Burglar.

A constable going the rounds of his beat in London a few nights ago noticed a light in a house from which the family and servants had gone out of town. After the officer had pulled the bell several times a man put his head out of the bedroom window to say that he would be down in a all was right. After chatting for a lit- dressing gown and carrying a candle in his hand.

The constable explained his suspicion, whereupon the man stated that he had just run up-town to see that all was right. After shatting for a little he invited the constable to have a glass of wine. He lit the dining-rom kas and produced a bottle of port. After they had drunk each other's health he let the constable out and bolted the door after him.

The man lost no time in getting the "swag" together and left the house by another exit.

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 if filled with nutrition, is given power to drive out of the system the humors that cause rashes, pimples, pasty complexion and kindrded 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.

Serbian Superstitions.

The daily life of the Serbian is full of superstition. He is superstitious about the manner in which he rises in the morning, about what first meets his sight, how he dresses and washes and whom he meets, of what food he eats and the time and manner of serving throughout the entire day. Attention is also paid to whether the cocks crow in time, whether dogs bark much, if frogs croak or the wind blows. Again, special notice is taken of the kind of rain that falls, thunder, how stars shine, if the moon has a halo if it shines through a cloud, etc. The "evil eye" is alone accountable for disease and death. The Serbian believers that for each malady that flesh is heir to God has given a remedy. He believes that for each pain there is a healing herb. He believes in witches—beautiful young maidens who come forth from the dew and are nourished in a mysterious mountain. They meet in the branches of trees and are most dangerous at supper time.

Minard's Liniment Cures Distemper.

HIS LITTLE LAPSE.

(Judge)

"I'll say for him," stated Miss Annabelle Tanners in confidence over the back fence to Mrs. Judge Tubman, "that as a rule my brother-in-law, Lyman Spink, is a placid and eventempered man and very seldom utters a careless remark, but the other day, when a boy came yelling that the Methodist church was on fire, Lyman jumped right up and shouted 'Holy smoke!' just the same as the most thoughtless person in the community might have done."

"How's things in Plunkville?" "Quiet." "How's your piano fund coming on?" "Well, every time we give an entertainment to raise money we get deeper into debt."—Louisville Courier-Journal.

You can't take something from nothing, but many a man is thrown on his own resources who hasn't any.

ISSUE NO. 42, 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, local factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

WANTED — HOUSEMAIDS AND waitresses. Previous experience not necessary. Apply, "The Welland", St. Catharines, Ontario.

WANTED— EXPERIENCED COOK, general; no laundry work; wages $25.00; references. Address, 355 Queen street south, Hamilton, Ont.

MISCELLANEOUS.

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

WANTED

Help for Woollen Mill, Carders, Weavers, Fullers and Napper Tenders. Good wages paid in all Departments, and steady work assured. We have several openings for inexperienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning weaving. Special inducements to family workers. Write, stating full experience, if any, age, etc., to the SLINGSBY MANUFACTURING CO., LTD., BRANTFORD, ONT.

GIRLS WANTED

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

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

RABBITS FOR SALE.

Temporarily overstocked; bargains while they last. Grey Flemish Giants, Rufus Red Belgian Hares all ages fully pedigree. Write to
DONALD WATERS,
175 Jackson Street West, Hamilton, Ont.

Art Pottery

You will be pleased with the choice assortment of

New Art Pottery

which we are showing this week. The assortment contains Flower Bowls, Bud Vases, Vases of various shapes, Jars, etc., in Yellow, Jet, Verd, Red and Blue. This is very attractive. Priced from $1.00 to $5.00.

ROBERT JUNOR

64 KING ST. E. SOUTH SIDE
Hamilton, Ont.
THE HOUSE FOR GIFTS.

TWO SIDES OF THE STORY.

(Rochester Times)

With pathetic tears on her baby cheeks, little Ethel ran up to a big, stalwart policeman.

"P-p-please, sir," she sobbed, "will you come and lock a bad man up?"

"What's he been doing?" asked the man in blue, gently.

"Oh—boo—boo," wailed Ethel; "he's b-b-broken my hoop wif 'is nasty bicycle."

"Has he?" replied the bobbie, angrily, as he saw her tears flow afresh. "Where is he?"

"Oh, you'll easily catch 'im," said Ethel, drying her tears. "They've just carried 'im into that chemist's shop on a shutter!"

WHAT BETTER MESSENGER.

(London Tit-Bits)

Over the garden fence the conversation had suddenly turned acrimonious.

"An' if yore boy 'Erbert ties any more cans on our pore dog's tail," was Mrs. Moggins' stern ultimatum, "'e'll 'ear about it, that's all! Oh, an' per'aps you've come wiv that saucepan wot you borrowed last Monday."

"'Erbert," asked Mrs. Grubb, shrilly, "wot 'ave you bin doin' to Mrs. Moggins' dog?"

"Nothin', ma," replied the small boy, unblushingly.

"There!" said his mother, triumphantly. "An' you returned 'er saucepan yesterday, didn't you, dearie?"

"Sent it back by 'er dog," said Herbert, calmly.

A weak mind is like a microscope, which magnifies trifling things, but cannot receive great ones.—Chesterfield.

"I don't hear you complain any more about the cost of living." "No. It seems quite reasonable after getting rates from some summer hotels."—Louisville Courier-Journal.

For a Quick Pick-Up Luncheon try that most delicious, nourishing, whole wheat food, **Triscuit**, the shredded wheat wafer-toast. It contains all the body-building material in the whole wheat grain, including the bran coat which promotes healthful and natural bowel movement. It is real whole wheat bread without yeast, baking powder or chemicals of any kind—an ideal food for children because it compels thorough mastication and ensures perfect digestion. A crisp, tasty "snack" for picnics or excursions. Toast in the oven and serve with butter, soft cheese or marmalades.

Made in Canada