MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always.

50c. Box at All Druggists and Stores.

USE ONLY

ZAM-BUK

FOR CHILDREN'S SORES

LEST WE FORGET!

Germany was peaceful for forty years, but this war has given us all a taste for war.

Who knows, perhaps as a consequence of present events, we Germans may like to wage war oftener than before, even if we do not wage a permanent war against the rulers of the seas?

Germany has smelt the scent of war, and has taken a liking to it.—Herr Steinmannbuecher.

Minard's Liniment Cures Distemper.

HOMEMADE BREAD.

—o—

How to Make the Staff of Life Quickly and Well.

—o—

Break two cakes of yeast into a cupful of water at blood temperature. Put a tablespoonful of sugar on the yeast to stimulate its quick growth. While this soaks, warm two cupfuls of milk with a cupful of water. This, with the water over the yeast, makes a quart of wetting sufficient for four loaves.

In a large mixing bowl put several sieves of flour and make a depression in the middle of the flour, in which put a level tablespoonful of salt and a heaping tablespoonful of lard. Pour the liquid and the yeast upon the flour and mix with the hands, working the flour from the outside into the liquid in the middle of the mass. Make a stiff dough and lift the ball out, putting away any remaining flour for future use. If the flour is granular let the dough lie on the board for ten minutes, covered with a warm bowl, that the flour may properly absorb the moisture. If the flour is not granular this wait is not necessary.

Now shape the dough without kneading, lay the ball in a buttered bowl and butter the surface of the dough to keep it soft. Cover and let it double in a warm place, an hour to an hour and a half. If you wish still further to hurry it let the bowl in warm water and place a smaller bowl of warm water on the lid of the large bowl containing the dough.

When doubled shape quickly into teh baking pans for the second rising and bake when again light. This recipe is excellent for use when one must have bread in a hurry. Half of the dough may be made into crusty rolls.

Every Stiff Joint Limbered, Rheumatism Cured!

That Old Family Remedy, "Nerviline" is Guaranteed for the Worst Cases.

CURES NEURALGIA, BACKACHE, LUMBAGO.

Rheumatism to-day is unnecessary. It is so well understood and so readily curable that every day we have reports of old chronics being freed of their tormenter.

"I can speak confidently of the Nerviline treatment, for the simple reason that it cured me," writes Albert B. Cornelius, from Kingston. "You can't imagine how stiff and lame and sore I was. Nights at a time I couldn't sleep well. I followed the Nerviline directions carefully—had it rubbed into the sore regions four or five times every day. Every rubbing helped to reduce the pain. The swelling went down. I got a fair measure of relief in a week. I also took two Ferrozone Tablets with my meals. They increased my appetite and spirits, purified my blood and toned up my system generally.

"I am as well to-day as a man could be—in perfect good health. I give Nerviline all the credit."

A large family size bottle of Nerviline costs only 50c., or the trial size 25c., and is useful in a hundred ills in the family. Whether it's toothache, earache, headache, neuralgia, lame back or a cold, Nerviline will cure just as readily as it will cure rheumatism. For family use nothing equals Nerviline.

FRESH CURTAINS.

How to Make Home Laundrying Really Effective.

"Many women," says an expert, "think that the proper way to mount a curtain on a stretcher is to first fasten down each of the four corners and then to stretch the edges into shape by pulling from the corners.

"This is entirely a mistake, and curtains mounted in this way are almost sure to have the mesh broken or torn in several places, even if the pattern and the scalloped edges dry to look straight and even.

"In mounting a face curtain over a stretcher, one should always begin at the middle point of the long border edge. Slip this over the pin at the centre on the top edge of the frame; then, working from the centre, first to the right and then to the left, slip the successive scallops over pins until the entire long border edge is attached to the pins on the upper bar of the frame.

"The curtain is now hanging with its unpatterned edge falling loosely downward. The next step is to attach the bottom end of the curtain to the frame pins. This usually has the same border as the long, patterned edge. In fastening it to the stretcher work downward from one of the top corners until you have all the patterned edge attached to the pins.

"Now notice how many inches on the top bar of the frame are covered by the long border edge and how many inches at the side and then adjust the remaining two sides of the frame to correspond exactly in the number of inches. Fasten the other short edge of the curtain, which will be the top edge when hung, and lastly fasten the other long edge to the frame pins.

"The last edge may have to be puckered a little to make it fit over the pins, but the puckering will not show when the curtains are dry, and, what is more to the point, the edge will not pull down after it is dry.

"One other thing that should be emphasized is that the long border or patterned edge of lace curtains should always be dried at the top of the frame. Removing the curtains from the stretcher after they are dry requires some care. One should not try to take the edges from the pins until the frame has been sufficiently loosened, so that there will be no strain on the delicate mesh; otherwise threads are almost sure to be strained and broken.

"A curtain stretcher to be entirely satisfactory should have movable pins and should be made of well seasoned wood. Stretchers having stationary pins may or may not have the pins placed at intervals which will match the scallops in the particular curtains one wishes to clean, and unless they happen to match exactly the size of the scallops it is not possible to dry the scallops in good shape. Stretchers which have movable pins can be perfectly adjusted to either large or small scallops."

LIQUID CATARRH REMEDIES USELESS ONLY RELIEVE---NEVER CURE

They go direct to the stomach, have very little affect on the linings of the nose and throat, and entirely fail to cure. Only by cleansing the air passages by relieving the inflammation and killing the germs is cure possible. No combination of antiseptics is so successful as Catarrhozone. In breathing it, you send the richest pine balsams right to the seat of the disease. Irritating phlegm is cleared out, hoarseness, coughing and hacking are cured. For a permanent cure for Catarrh, nothing equals Catarrhozone. Get it to-day, but beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone, large size, containing two months' treatment, costs $1; small size, 50 cents; sample size, 25 cents.

MOLASSES GOODIES

As Made Successfully by Our Forebears.

The following recipes for molasses breads and cakes are well tried, and come down from the time of the grandmothers with certificates of character:

Boston Brown Bread—To one cup molasses, add one teaspoonful of soda, one of salt, two and one-half cups of milk, one cup of flour, one cup of rye flour and two cups of Indian meal. Steam three hours. This makes a moist and delicious bread.

English Brown Bread—Dissolve half a cake of yeast in two cups of water, and make a sponge with two cups of graham flour. Add one tablespoonful of molasses, one of lard, and one teaspoonful of salt. Stir in two cups of rye flour, and knead slightly. Bake in small loaves in a moderate oven for an hour.

Rye Bread—Dissolve one-half cake of yeast in a cup of milk, which has been scalded and cooled. To one cupful of hot water add two tablespoonfuls of lard, two of molasses and one of sugar, two teaspoonfuls of salt, one cup of flour. Pour in the yeast, beat well, and let rise until light. Add rye meal until stiff enough to knead. After kneading well form into loaves and let rise again and bake in a moderate oven.

Soft Molasses Cake—To one pint of molasses, add one teaspoonful of soda and two of cream of tartar, with one well beaten egg, a half cup of milk, one tablespoonful of ginger, one teaspoonful of cinnamon, one tablespoonful of butter, and two and one half generous cup of flour. Beat well and bake for one-half hour.

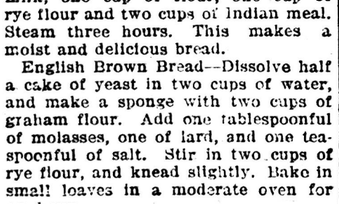
Soft molasses cake, baked in two layers, with a filling of whipped cream, makes a delicious dessert.

Gingerbread— Cream together one cup of sugar and one-half cup of butter with a pinch of salt. Dissolve three-quarters of a teaspoonful of soda in two tablespoonfuls of molasses, and add to sugar with a half cup of milk and a scant teaspoonful of ginger. Mix well with two cups of flour, and bake in a greased tin a moderate oven.

Ginger Snaps—Boil two cups of molasses and add one tablespoonful of soda, one cup of lard, one tablespoonful of ginger, one teaspoonful each of cinnamon ad cloves. When cool stir in enough flour to make a stiff batter. Roll out very thin and bake in a hot oven.

Ginger Drops—One large teaspoonful of soda dissolved in two-thirds of a cup of molasses. Add one beaten egg, one cup of brown sugar, one tablespoonful of ginger, pinch of salt, and one-half cup of cold water. Mix with flour to a stiff batter, and drop by teaspoonfuls on greased pan. Bake in moderate oven.

Cheap Fruit Cake—This may be made in a loaf or in small cakes. One cup of butter, one cup of sugar, one cup of molasses, one cup of milk, one cup of raisins, one cup of currants, one well-beaten egg, three teaspoonfuls of spices, and four cups of flour with a teaspoonful of salt. Dissolve the soda in the molasses and sift the fruit in the flour. One-half of this recipe will answer for a small family.



How embarrassing it is to have pimples and blackheads break out on the face, and particularly just when one is trying to look the best.

You will find a friend in Dr. Chase's Ointment, for it not only cures pimples and blackheads, but also makes the skin soft, smooth and attractive.

In a score of ways Dr. Chase's Ointment proves useful in every home as a treatment for eczema, salt rheum, barbers' itch, ringworm and all forms of itching skin disease.

All dealers, or Edmanson, Bates & Co., Ltd., Toronto. Sample box free if you mention this paper.

Dr. Chase's Ointment

Minard's Liniment Cures Garget in Cows.

Try These Short Cuts.

There are all sorts of short cuts for sewing on the market. The endless task of working buttonholes may be eliminated by using the worked buttonholes, which may be purchased by suitable for the little folks' underwear. They come worked in fine lawn for shirt waists and the little girl's dresses. The trying task of sewing on hooks and eyes is not now necessary, when they can be bought by the yard ready to be stitched into place. In making a fitted lining it is well to sew on these fastenings before it is fitted in order to secure a good fit. If the spacings between the hooks is too wide in some places where there is a strain it does not take long to sew a few on at these points. If, however, you do sew on hooks and eyes you will find it much less difficult to keep the thread from showing through on the right side if you will slip a piece of whalebone into the hem. If the hem is too wide for a whalebone cut a heavy piece of cardboard the proper width and slip that in.

SELECT MEDICINE CAREFULLY

Purgatives are dangerous. They gripe, causing burning pains and make the constipated condition worse. Physicians say the most ideal laxative is Dr. Hamilton's Pills of Mandrake and Butternut; they are exceedingly mild, composed only of health-giving vegetable extracts. Dr. Hamilton's Pills restore activity to the bowels; strengthen the stomach and purify the blood. For constipation, sick headache, billousness and disordered digestion no medicine on earth makes such remarkable cures as Dr. Hamilton's Pills. Try a 25c box yourself.

"IRON RATIONS" AT THE FRONT.

A New Zealand soldier, writing ao a lady in Glasgow, says: It is impossible for you to know the satisfaction it gives us men to know that the people at home are now giving us tons of munitions ,thousands of shells, more guns, more stores, and better rations. It makes one feel comfortable inside when Fritz is bombarding to know that we can give him as many "iron rations" as he gives us; and we give it to him, too. It would make your heart glad to hear our guns rumbling and roaring sometimes, making up to Fritz what we owed him long ago.

ORIGIN OF THE PENNY.

The "maiden name" of the penny was "denarius," and the English penny is a survival of the Roman rule in the British isles. Like the coin which preceded it in Rome, it has been debased in value until its name has lost its original meaning. The first denarius was minted in Rome about 268 B. C. and was the principal silver coin of both the republic and the empire. It at first weighen sevnty-two grains troy and was as nearly pure silver as durability would permit. It bore on one side the helmeted head of Roma and the mark X and on the other side the images of Castor and Pollux.Later these twin gods were replaced by the head of the Roman emperors. By 215 A. D. the coin had deteriorated in value until it was fully 40 per cent. silver. The X, which signified the value of ten asses, had wholly lost its meaning. Diocletian finished the degradation of the denarius by applying the name to a small silver coin. In England the largest silver coin was called denarius at a time when the English florin was called a gold penny.

At registration.—Where were you born? Maiden—Nebraska. Clerk—What part? Maiden—All of me, of course.—Agawam.

MAGIC BAKING POWDER

THE STANDARD AND FAVORITE BRAND.

MADE IN CANADA — CONTAINS NO ALUM

TRIAL OF A DEAD MAN.

Charles de Bourbon, high constable of France, died in conquering Rome, which his leaderless soldiers straightway sacked. For this crime it was necessary to find a scapegoat, so "on July 26, 1527, in the presence of King Francis I., on his seat of justice, assisted by the peers of France and the assembled chambers, Jean de Surie, first usher of the court, called Charles de Bourbon three times—at ths bar of the parliament, at the marble table and at the marble steps—and then reported that the said De Bourbon had not appeared. The sentence was drawn up, then solemnly read. The connetable de France, dead, was condemned, his goods returned to the crown, and the door of his palace by the Louvre was painted yellow.'"

Minard's Liniment Co, Limited.

Gentlemen,—In July, 1915, I was thrown from a road machine, injuring my hip and back badly and was obliged to use a crutch for 14 months. In September, 1906, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely,
his
MATTHEW x BAINES.
mark.

AN INGENIOUS SNARE.

Uncanny Insect Trap With Which the Pitcher Plant is Armed.

No trapper ever invented a snare for his prey more ingenious or a trap that ever had a higher percentage of "catches" than the pitcher plant, for few insects ever escape from the clutches of this horticultural meat eater. He catches them, holds them, drowns them, and finally eats them.

And while he's doing it he smiles so innocently and prettily that you would imagine him one of the quietest and most peaceable flowers of the woods.

His leaves are his insect traps. They are a greenish purple and hold together like a cornucopia, with a half closed lid covering the top. The inner walls of this "pitcher" are lined with hairs, which point downward and are covered with a sweet, sticky fluid.

This fluid is regular "candy" for the bees and flies. The insect enters the half closed door of the pitcher, tastes the honey and begins to explor the interior. As he crawls forward the hairs bend with him and give him free passage. But when he tries to return he finds that these hairs are veritable barbed wire entanglements to keep him a prisoner.

The insect tries to fly out, and the curve at the top of the pitcher bars his way. He dodges this way and that, bewildered, until he tumbles in a little well at the bottom of the pitcher, where he drowns.—Exchange.

Peaches

are the most valued treasure on the preserve shelf.

Lantic Sugar

Pure cane sugar very "FINE" granulation is best for *all* preserving.

2 and 5-lb Cartons
10 and 20-lb Bags

"The All-Purpose Sugar"

Send us a red ball trade-mark for a FREE book of Preserving Labels

Atlantic Sugar Refineries Ltd.
Power Bldg. Montreal 63

That Untidy Top Drawer.

Much is gained if, instead of making linings or pads for the bureau drawers, the drawers themselves are made dainty and ready for the receptacles or articles.

First give the inside as many coats of white paint as are necessary to give a clear white tone, and then a coat of white enamel. This gives a perfectly smooth surface, which is fresher than any other lining could be.

The drawers look neat and attractive, and when cleaning is desired a simple wiping with a damp cloth produces perfect cleanliness.

The same idea could be carried out with all shelves, cupboards and drawers in the house, whether for linen, china or kitchen utensils. They are more easily cared for than when arranged with other covers. This process makes a good substitute for the highly recommended glass shelves.

BETTER THAN SPANKING

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

DAYLIGHT SAVING AND GAS CONSUMPT.

For some time past the officials of the Glasgow Gas Department have been engaged on an estimate as to the effect of the Daylight Saving Act on the amount of gas consumed for domestic and public lighting. After allowing for various factors which bear on the situation, the figure works out at a saving of about 2½ per cent. on what would have been consumed under normal conditions. On the other hand, it is pointed out that this saving is easily counter-balanced by the quantity of gas used in the day time by munition factories for power purposes, while the aggregate used in these establishments is mainly responsible for the huge output for the year just closed.

Minard's Liniment Cures Colds, Etc.

Turtles and Tortoise.

Turtle is a treat.

Green turtle is delicious.

Turtles thrive in warm regions.

The best turtles come from the West Indies.

The usual way to prepare turtle is by boiling it in the shell.

In Brazil the cook roasts steaks from the breast and lean parts.

Turtle sausage is made from the stomach and other interior portions provide soup stock.

In Europe tortoise is frequently eaten, being fattened on bread and lettuce for table use.

The French like the mud tortoise, as also do the Italians and Greeks, who cook its flesh and eggs.

Green turtle does not get its name from the dark olive color of its shell, but from that of the fat, so much prized by epicures.

"Dost Thou Love Pictures"?

--Taming of the Shrew

In addition to our large stock of Antique Furniture, China and Glassware, we have a very choice collection of paintings of more than ordinary merit, which we are always pleased to show to lovers of art. When in Hamilton you will enjoy spending some of your time looking over our collection of Bric-a-Brac, Paintings and Antique Furniture.

Robert Junor

62 King St. East, Hamilton, Ont.

The House for Gifts.

DUELS OVER TRIFLES.

At One Time Almost Any Incident Was an Excuse for a Meeting.

Duels at one time were fought for the merest trifles. Colonel Montgomery was shot in a duel about a dog. Colonel Ramsay in one about a servant, Mr. Featherstone in one about a recruit. Sterne's father in one about a goose, and another gentleman in one about a bottle of anchovies. One officer was challenged for merely asking his opponent to pass him a goblet. Another was compelled to fight about a pinch of snuff. General Barry was challenged by a Captain Smith for declining wine at a dinner on a steamboat, although the general pleaded as an excuse that wine invariably made him sick, and Lieutenant Cowther lost his life in a duel because he was refused admittance to a club of pigeon shooters.

In 1777 a duel occurred in New York between Lieutenant Featherstonhaugh, of the Seventy-fifth, and Captain McPherson, of the Forty-second British regiment, in regard to the manner of eating an ear of corn, one contending that the eating was from the cob and the other contending that the grain should be cut off from the cob before eating. Lieutenant Featherstonhaugh lost his right arm, the ball from his antagonists's pistol shattering the limb fearfully, so much so that it had to be amputated. Major Noah lost his life in 1827 at a the dueling ground at Hoboken in a simple dispute about what was trumps in a game of cards.—London Chronicle.

ISSUE NO. 38, 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 Garth streets, Hamilton, Ont.

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

MISCELLANEOUS.

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

LADIES WANTED.

TO DO PLAIN AND LIGHT SEWing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

GIRLS WANTED

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

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

Baffled.

The word baffled now has a meaning entirely different from that applied to it 300 years ago. It is now understeed to mean thwarted, foiled or disappointed, but then it was applied to the process of degradation by which a knight was disgraced. A baffled knight was one who had been pronounced guilty of conduct unbecoming one of his order and had accordingly been shorn of his plumes, his sword was broken before his eyes, his knightly robe torn away, his spurs cut off with a cleaver, and after being publicly chastised he was declared to be baffled. The word is used in this sense by Shakespeare and other writers of that time.

No More Corns

Cure Guaranteed

Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as **Putnam's Painless Corn Extractor.** Sold everywhere—25c per bottle.

STAINS OF THE SEASON.

To remove pickling stains, wash the hands and dry slightly; then strike a sulphur match and hold the hands over and around it to catch the fumes.

Fruit stains may be removed from white fabrics by moistening them with a solution of bleaching powder or javelle water, followed by a solution of one part muriatic acid to five of water.

Mildew stains should be steeped in a solution of washing soda, then apply a solution of bleaching powder or javelle water, and then a solution of one part of muriatic acid to five of water.

To remove stains from paring, rub the hands with the inside of apple or pear parings before using soap.

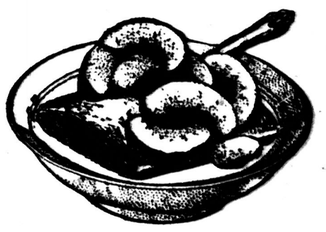
A general recipe for removing fruit, wine, ink or mildew stains is first to wet the stained place with clean cold water; then apply a lotion made of one tablespoonful of lemon juice, one tablespoonful of the purest cream of tartar and one teaspoonful of oxalic acid; put all into a pint of distilled water (or rainwater), shake it before using, and apply with a soft cloth till the spot is saturated with the lotion, then sponge it off again in clean cold water. If the stain does not altogether disappear, repeat the pfrocess till it does.

Minard's Liniment Cures Diphtheria.

Willing to be Hanged.

One of the most curious cases of its kind on record was that of a Quebec citizen who passed himself off as a murderer for whom the police were searching. When the matter was investigated it was found that the self-accused man had nothing whatever to do with the crime. "No," he said, "you're right. I'm not the murderer, but my wife leads me such a miserable life at home that I thought I would escape from matrimonial wretchedness by getting the Government to hang me."—Pearson's.

Off to the Front! Put yourself in top-notch condition by eating **Shredded Wheat Biscuit,** a food that supplies the greatest amount of body-building material with the least tax upon the digestion. You cannot get to "the front" in any business with a poorly nourished body. Delicious for breakfast with sliced peaches and cream.



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