THE TIME HAS COME

when people cannot afford to accept anything but the very best for their money. Zam-Buk has been proved by thousands to be the best ointment obtainable for skin ailments and injuries, because it cures when other treatments fail, and because its cures are permanent. You take no chances when you buy Zam-Buk.

Only the really good things are imitated! Proof of Zam-Buk's superiority is provided by the great number of imitations and substitutes which have been put on the market. Don't be deceived, however, by anything represented as "just as good." There is nothing "just as good" as Zam-Buk. All druggists, 50c. box, 3 for $1.25, or direct from Zam-Buk Co., Toronto.

Send 1c. stamp for postage on free trial box.

ZAM-BUK

CONVALESCENT CHILDREN.

How to Amuse a Child Doomed to the Bed Awhile.

A child recovering from an illness is apt to be fretful and peevish, demanding any amount of patience on the part of a mother or an attendant.

If the child is a boy modelling in clay will be found entertaining, and by helping him form different animals and houses many an irksome hour will be whiled away. If a girl, try paper flowers or paper dolls. Children also enjoy making scrapbooks. Cut attractive pictures from old colored magazines, for it should always be remembered children like bright colors. Young children can cut if they are not competent to paste.

Never let a child who is recovering from an illness sew, for it will prove tiring, the work being too intent, whereas paper clothes for dolly are sure to be enjoyed without fatigue.

A pair of toy scales and supplies, in the shape of rice, sugar, raisins and salt, to keep shop, will please a small child, and mother, of course, will do the buying.

Expensive toys are not necessary to make a child happy, for nine out of ten will prefer some simple homemade affair or an amusement they create for themselves.

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.

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.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentry, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Hindenburg

Military men the world over will not share the popular emotion excited by the promotion of Field Marshall Hindenburg to replace Falkennayn as chief of the great general staff of Germany. The truth is that Hindenburg is one of the familiar but thoroughly dangerous men about whom there grows up a legend. In fact, he fulfils M. Clemenceau's definition of a symbol, "a man about whom the people still believe what was never true."

No one will deny the greatness of Hindenburg's first victory, and only in Germany has the value of Tannenburg been accurately appraised. Had Hindenburg failed where he succeeded, Germany in the second week of September, 1914, would have been faced with a wholly desperate situation. The defeat of the Marne, the rout of the Austrians at Lemberg, followed by the temporary collapse of the military establishment; the brilliant victory of the Serbs at the Jedar, together with a lost battle at Tannenburg, would have presented a problem that would have taxed a Napoleon.

It was the victory of Tannenberg that enabled the Germans to continue their campaign in the west, to make their second great bid for a decision at Ypres and Yser and, defeated in this, to dig in and hold the lines that they have held ever since. Had Hindenburg failed, the German retreat from the Marne would not have stopped at the Aisne or the Meuse, and it would have been necessary at once to send many corps to the east to save the Prussian frontier.

But, despite his second success at the Masurian Lakes, Hindenburg never realized the promise that his first successes held out. His attempts to take Warsaw were dismal failures, costing enormous losses, and ending in complete deadlock on the Bzura-Rawa lines. Nor was his effort to penetrate the Bobr-Narew-Niemen line north of Warsaw more successful. At Lodz, his third great victory, he came within an ace of a terrible disaster, and was saved by the supreme courage, devotion and discipline of German troops rather than by any skill of a commander-in-chief.

The real military reputation of the eastern front is that of Mackensen. His was the first and successful thrust in the opening phase of Lodz. He won the battle of Dunajec, and it was his first operation that finally turned the Russians out of Warsaw more than ten months after Hindenburg had begun his campaigns for the Polish capital. But there is no Mackensen legend and Hindenburg, the savior of East Prussia, as he actually was, became in the eyes of the German people a soldier not less successful than Napoleon the Great, and not less gifted as a staff director than the elder Moltke.

The retirement of the younger and lesser Moltke, who was chief of the great general staff when the war opened, was inevitable when the decision of the Marne had been made obsolute by the battles of Flanders and the whole original conception of a quick, terrible, decisive thrust at France had been parried. He had failed, he had failed in the greatest crisis of the whole war, and his failure had resulted in the collapse of the main strategy by which Germany had for forty years expected to win her next war against France.

We shall probably find hereafter that Falkenhayn's retirement was the direct result of the failure at Verdun. This was the second and only less ambitious effort to abolish the decision of the Marne and put France out of the war. But it seems certain that history will do full credit to the very great achievements of the man who now gives way to the victor of Tannenberg. When he took the reins the German situation, without being desperate, was certainly unpromising. In less than six months he had organized forces and prepared plans that led to the amazing cycle of victories which carried German lines from the East Prussian frontier and the Austrian provinces of the east to the Dwina, the Beresina, the Styr and to Constantinople.

SLEEPLESS NIGHTS OVERCOME BY SAFE METHOD

SUGGESTIONS GIVEN WHEREBY INSOMNIA CAN BE SAFELY AND QUICKLY CURED.

Worry, overwork, overstudy and indigestion cause insomnia.

Healthy, natural sleep can't be produced by drugs.

First, the blood circulation must be improved.

Congestion of blood in the head must be removed.

Irritation in the brain must be relieved.

It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into overworked organs, for establishing strength and vitality, where can you find anything so efficient as Ferrozone?

Remember, sleep is just as important as food.

You must sleep, or break down, but if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep, you'll get well quickly.

Ferrozone is not a narcotic, not a dope; it is a health-giving tonic that any child or delicate woman can use.

Absolutely safe is Ferrozone.

Take it for a month—take it for a year—no harm, but immeasurable good will result.

To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozone. It's a food tonic, a healer to the weak and wretched, a boon to the heloless—sold in 50c boxes, six for $2.50, at all dealers, or direct from The Catarrhozone Co., Kingston, Ont.

HOW THEY MADE SOME GOOD FIRES.

The Fire Marshal of Wisconsin has issued a bulletin which he terms a "Comedy of Errors."

He looked for a gas leak with a match and found it.

He lighted a match to see if his gasoline tank was empty. It was not.

He smoked while filling his auto tank, but will do so no more.

He smoked in the hay mow, but will not do so again.

He smoked in bed, so did the bed clothes.

He threw the matches into the waste paper basket. He is wiser now.

He threw a cigarette stub into some rubbish.

He used a wooden box filled with sawdust for a cuspidor.

He saved his oily waste and oily rags and they burned his shop.

He washed his hands in gasoline near the stove. The doctor washes them now.

He allowed dangerous conditions to remain because "he never had a fire." He does not longer boast of that record.

INSURES PERFECT BAKING RESULTS

MAGIC BAKING POWDER

CONTAINS NO ALUM - MADE IN CANADA

He did not worry about fire as he had "plenty of insurance," and forgot the safety of his wife and children upstairs.

He used a torch to thaw out frozen water pipes, and set the house on fire.

He stuffed up the chimney holes with paper and rags.

She cleaned her gloves with gasoline and saved fifteen cents but paid the doctor and druggist fifteen dollars.

She poured kerosene into the lamp while the wick was burning.

She put gasoline into the wash boiler on the stove to make washing easier.

She dried clothes too near the stove.

She used the wrong oil can.

She used gasoline to exterminate bedbugs. They are all cremated.

She burned sulphur all over the house to fumigate.

She used the woodbox back of the range as a waste paper receptacle.

She gave matches to her children to go out to burn leaves in the yard. The cotton dresses burned easier than the leaves.

She looked for a dress in the clothes closet with a candle.

She was "coming right back," so left the electric current on in her iron.

She swung the gas brack too close to the curtains.

She fixed up a fine tissue paper shade for the lamp.

She filled the tank of her gasoline stove while one burner was on.

The comedies have turned to tragedies; many of the scenes of action are in ashes and too many of the actors are maimed or asleep; others will follow, no doubt, as they are prone to ignore the advice and experience of others instead of profiting by the errors and sufferings.

Corns Cured Quick Applied in 5 Seconds

Sore, blistering feet from corn-pinched toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c bottle of "Putnam's" to-day.

SCIENTIFIC ODDS AND ENDS.

Nebraska was once the floor of the sea.

A new calendar covers 20 centuries from 100 to 2,100.

The Australians are the greatest sugar consumers.

In its per capita consumption of sugar the United States ranks fourth in the countries of the world.

The industrial accidents of New York State are more than 600 per day.

It is proposed to standarize shipbuilding parts so as to facilitate repairs.

In France all medical prescriptions are written in the language of the country.

An elephant's trunk contains 40,000 muscles, where as a man's body has only 527.

Billiard tables are being introduced into Chicago schools with the idea of cheeking the pool room evil.

Indian ink was first brought from China. It is now made in this country with lampblack and glue.

Brazilian cocoanut palms are believed to live from 600 to 700 years, and the date from 200 to 300 years.

Compressed air is used for cleaning dynamos and other delicate and complicated machinery. The results are superior to hand work.

California wine growers have been advised to go after the Indian market, were the supply of wine has been cut off by the war in Europe.

Quartz glass, for which we were once dependent on Germany, is now made in the United States. The sand of Nebraska is best suited for the purpose.

During the past year there were 1,296 fires caused by cigars and cigarettes carelessly thrown away in New York alone. The average loss per fire is about $569.

So magnetic are the mountains of Porto Rico that they attract surveyors' plumblines, and it has been found that some old surveys are incorrect by half a mile or more.

In their annual poultry bill the residents of New York State are overcharged $7,000,000 for the useless and other useless materials contained in the craws of the birds.

More than 27,000 tons of honey are produced by the American bee annually.

In 40 years the sugar per capita of the United States has increased from 18 to 89 pounds.

The art of candy-making originated with the Chinese long, long ago.

The world's normal yield of the six great cereals, ranges from sixteen to nineteen billion bushels.

About 100,000 persons are engaged in the meat-packing industry of the United States.

Minard's Liniment Cures Distemper.

THE REASON.

(Houston Post)

"Three times now my wife has sent for the money to come home from her Summer trip on." "Three times! And she hasn't come home yet? Changes her mind and spends the money, I presume?" "Oh, no, she wouldn't do that." "Then why hasn't she come home?" "I haven't sent it to her yet."

Minard's Liniment Co., Limited.

Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life. I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN,
Schr. "Storke," St. Andre, Kamouraska.

"Like a Royal Procession."

"You would think it was a royal procession," writes an English correspondent to the Military Hospitale Commission in Ottawa, describing the arrival of wounded men from France. "For nearly an hour before a Red Cross train is expected in London," the writer says, "the yard of Charing Cross station is lined with people waiting to throw flowers into the ambulances as the men come out."

Whether we throw flowers into their ambulances or not, we Canadians are full of grateful sympathy for the men who have suffered in defending our cause, and we show our feelings in practical ways.

At least, some of the way are practical. The treatment of the soldiers in the convalescent hospitals and the sanatoria of the Military Hospitals Commission is extremely practical.

The classes and exercises and occupations provided during convalescence are intended, first of all, to help the man's recovery; but they are carefully chosen so as to have another effect also, to fit him better for the battle of life when he is well enough to be discharged.

Already there are men who have left these hospitals so much improved in education and technical skill that they hold better positions and earn higher pay than they ever did before they went to the war.

That is the sort of "royal procession" we want to see—a steady stream of our brave men coming back to the ranks of independent manhood; not unscathed, it is true, but undaunted, and resolved to act a man's part with all the strength that has been restored to them.

SUFFER NO LONGER FROM CONSTIPATION!

You can immediately relieve and permanently cure yourself with Dr. Hamilton's Pills. One thousand dollars will be paid for any case that isn't corrected within three days. Dr. Hamilton's Pills contain no injurious drugs; they are composed entirely of soothing vegetable extracts that strengthen the stomach and bowels at once. It is absolutely impossible for Dr. Hamilton's Pills to fail curing biliousness, sour stomach, indigestion, headache or constipation. Even one box has brought vigor and renewed health to chronic sufferers, so you owe it to yourself to try Dr. Hamilton's Pills at once; 25c per box at all dealers.

The Long Roads of Ireland.

On the long white roads of Ireland I wish I were to-day,
With the mid-May sun above me, though it shed a piercing ray,
And although in all the landscape there was not a single tree
Or a hedge or clump of briers to throw a shadow over me
I'm wishing for the long, white roads of Ireland.

I'm not troubled much for beauty in this land o'er the sea,
And the lovely spots they tell about have ne'er a charm for me,
But to-day my heart is aching for the things so long gone by,
The mountains and the meadows, but most of all I sigh
For the long, white, winding roads of Ireland.

Sure, you've never seen the May sun climbing up the deep-blue sky,
With the soft clouds' banners streaming as they gayly flitted by.
When the fairy winds went dancing o'er the valley and the hill—
Oh, if ever you have been there 'tis your heart, like mine, would fill,
Thinking of the long, white, silent roads of Ireland.

Here the green fields march on with you, and the low stone walls all day,
Where the roving donkey nibbles and the goslings always stray,
And the red dog from the village pauses with a watchful eye,
His heart is troubled sorely and he surely wonders why
You're alone upon the long, white roads of Ireland.

Still 'tis lonesome and a weary way that brings the farthest turn,
And for the journey's end mayhap I yet may sadly yearn,
But something now keeps calling me and whisp'ring in my heart
That there's pleasure there awaiting me and so I'll gladly start
For the long, white, dusty roads of Ireland.

—Patrick McHugh in Seattle Post Intelligencer.

2 IN 1 SHOE POLISHES

Contain no acid and thus keep the leather soft, protecting it against cracking. They combine liquid and paste in a paste form and require only half the effort for a brilliant lasting shine. Easy to use for all the family—children and adults. Shine your shoes at home and keep them neat.

F. F. DALLEY CO. OF CANADA, LTD.
HAMILTON - CANADA

BLACK-WHITE-TAN 10c KEEP YOUR SHOES NEAT

"MADE IN CANADA"

DOMINION RAINCOATS

Best for Quality, Style and Value. Guaranteed For All Climates.

DOMINION

ASK YOUR DEALER

ISSUE NO. 39 - 16

HELP WANTED

WANTED—GIRLS TO WORK ON knit underwear—seamers and finishers preferred. We also need learners, any girl with good ... 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.

IF SUBJECT TO COLDS HERE IS GOOD ADVICE

Don't load your stomach with cough syrups. Send healing medication through the nostrils—send it into the passages that are subject to colds and catarrh. Easy to do this with Catarrhozone, which cures a cold in ten minutes. Even to the lungs goes the healing vapor of Catarrhozone—all through the bronchial tubes, nostrils and air passages—everywhere a trace of disease remains with Catarrhozone follow. You'll not have colds, nor will you suffer from sniffles, bronchitis, or throat trouble of Catarrhozone is used. Get it to-day, but beware of dangerous substitutes meant to deceive you for genuine Catarrhozone, large size, two months' treatment, costs you $1; small size 50c; sample size 25c.

KNEW HER HUBBY.

(Boston Transcript)

First Woman—I got a letter from you yesterday and it was dated a whole week ahead. Second Woman—Did you really? My husband must have posted it the very day I gave it to him.

COSTLY LEARNING.

(Washington Star)

"Has your boy Josh learned much at school?" "I should say so," replied Farmer Corntossel. "He knows so much about runnin' the farm that me an' the hired men git so interested listenin' that nobody does any work."

Minard's Liniment Cures Garget in Cows.

JUDGING BY EXPERIENCE.

(To-day)

Lady Visitor—Well, Mrs. Johnson, what do you think of your husband getting the D. C. M.?

"It's the first I've heard of it, ma'am, but I ain't a bit surprised. Suppose it's his nasty temper that's been the cause of it."

Minard's Liniment Cures Diphtheria.

LUCKY.

(New York World)

"My cousin is to be married on the thirteenth of next month."

"On the thirteenth? I should think she would be afraid of such an unlucky date."

"Evidently you have never seen my cousin. Any date would be a lucky day for her to get married."

Minard's Liniment Cures Colds, Etc.

"Success generally depends on personal magnetism," said the Wise Guy. "That's right," agreed the Simple Mug. "A man can't even be a successful photographer or a dog catch

"Meat Prices Will Not Come Down" is the cheerful news from the Department of Agriculture. Meat prices will not worry the man or woman who knows that a Shredded Wheat Biscuit will supply more real body-building nutriment than beefsteak or eggs and at much less cost. Shredded Wheat remains the same price, the same high quality, supplying all the nutriment a man needs for a half-day's work. Two shredded wheat biscuits with peaches and cream or other fruits make a complete, nourishing meal at a cost of not over five cents.

Made in Canada