

MAGIC BAKING POWDER

Magic Baking Powder costs no more than the ordinary kinds. For economy, buy the one pound tins.

MADE IN CANADA

EW GILLET COMPANY LIMITED

FOOD AND MORE FOOD

The importance of increased production is being emphasized as never before. We are told that the food supply of the world is very low. The producers of farm foods are becoming less, and the non-producing consumers are increasing. Wide sections of country, which were formerly productive, are being trampled by armies, and large quantities of food materials are being lost in transit. The food situation is becoming increasingly serious.

More than one-half of the cropping land of Ontario is now in grass, and the grass lands of the Province have been increasing at the rate of fully one hundred thousand acres annually during the last four years. During this time there has been a decrease in Ontario and in the whole of Canada of live stock, including dairy cattle, beef cattle, sheep and swine. In the last four years there has been an actual decrease in the acreage in Ontario of 23 per cent. in beans, 57 per cent. in peas, 7 per cent. in winter wheat, 10 per cent. in turnips, and 12 per cent. in potatoes. In 1916 83 per cent. of the beans, 84 per cent. of the peas, 32 per cent. of the fall wheat and 30 per cent. of the potatoes of Canada were produced in Ontario.

It is estimated that an average acre of beans produces as much real food material as is usually obtained from five to fifteen acres of pasture land in the production of either meat or milk. With slight exceptions, the most economical sources of food materials in Ontario in the past winter were ob-

ing early and to sow each class of crop at the best time for highest results. 4. Arrange for at least a small amount of such cultivated crops as beans, potatoes, turnips and corn. 5. Watch and destroy the weeds before they are able to make much headway. 7. Economize man labor by using three and four-horse teams when possible. 8. Plan so as to make the best use of the unskilled labor which is available. Copies of bulletins on "Farm Crops," "Field Beans" and "Potatoes" may be obtained from the County Agricultural Representatives, or from the Ontario Department of Agriculture, Parliament Buildings, Toronto.

Let us do our part as best we can for the good of humanity and for the prevention of a world's famine in essential food materials.

O. A. C. Guelph. C. A. Zavitz.

CANADA'S NATURAL RESOURCES

An important survey of the natural resources of Canada is being undertaken in connection with the Canadian Pacific Railway, which has for its purpose the co-ordination of the work which has been so well done by many government departments and with other data which the government has not collected, thereby making easily accessible to those qualified to utilize the information as much data as possible relative to the natural resources of Canada. Great care will be taken not to do work that has already been well done, and the effort is being directed to co-operation. The Canadian branch of the Boston organization of analytical chemists, are the directors of the work and will do their part of the work with the same altruistic spirit they hope to find among those who assist. The information now available is to be transferred to cards in a manner to make it possible to quickly separate the cards according to required classification at the moment. Thus if one desires to know all the places in Canada where deposits of iron are to be found in proximity with limestone, water power, or some other resource, the list of localities can be supplied very quickly. To accomplish this work, which is in the interest

THE MIRACLE

Not in the Easter lily's heart
Of gleaming gold and snow,
Not in the carols silver clear
Where jewelled windows glow,
Not in the stately harmonies
The glided organs play,
Is found the miracle divine
Of Easter Day.

But in the worm entombed so long
In darkness and in cold,
The resurrection and the life
Immortal we behold:
It breaks the cocoon coffin small,
Arises from the clay,
And heavenward soars on joyful wings
On Easter Day.

—Minna Irving.

REPLENISH YOUR BLOOD IN THE SPRING

Just now you are feeling "out of sorts" not your usual self. Quite exhausted at times and cannot devote real energy to your work. Sleep does not rest you and you wake up feeling "all tired out." Perhaps rheumatism is flying through your muscles and joints, or may be your skin is disfigured by rashes, boils or pimples. Headaches, twinges, or neuralgia, fits of nervousness, irritability of temper and a disordered stomach often increase your discomfort in the spring. The cause—winter has left its mark on you. These troubles are signs that your blood is poor and watery, that your nerves are exhausted. You must renew and enrich your blood at once and restore tone to your tired nerves, or there may be a complete breakdown. The most powerful remedy for these spring ailments in men, women and children is Dr. Williams' Pink Pills for Pale People, because these Pills cleanse bad blood and strengthen weak nerves.

New, rich, red blood—your greatest need in spring—is plentiful created by Dr. Williams' Pink Pills, and with this new, pure blood in your veins you quickly regain health and increase your strength. Then your skin becomes strong, and you feel better, eat better, sleep better, and are able to do your work.

Begin your spring tonic treatment today for the blood and nerves with Dr. Williams' Pink Pills—the Pills that strengthen.

These Pills are sold by most dealers, but do not be persuaded to take "something else" the same. If you can't get the genuine Pills from your dealer they will be sent you by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

THE STORY OF GLASS

How Made and What Used for in Electrical Industry.

Glass is older than the arts. Volcanic glass was in use in the stone age. The very old, sword, with serrated teeth of spears, knives, etc., because it could be chipped to a razor cutting edge. Obsidian, or volcanic glass, was extensively used by the Aztecs of Mexico and the Incas of Peru for the same purpose. Many a doughty Spaniard was beneath the great two-handed wooden sword, with serrated teeth of volcanic glass, in the hands of Montezuma's warriors. It is to be inferred that the earlier civilization would act on this suggestion from nature and endeavor to make glass by the fusion of certain rocks and sands. Glass is very old. Its manufacture was common in ancient times.

Chemically, an vitreous compound is called glass. Commercially, glass is a fused mixture of two or more silicates and is often named from the predominant base, as "soda glass," "potash glass," "lime glass" and "lead glass." It is usually transparent, or at least translucent, and is brittle at ordinary temperatures. Sand is now generally used for obtaining the silicates which form the base of glass. The sand for the finer qualities of the glass is quarried. The principal deposits of sand for glass-making in the United States are in Massachusetts, Illinois, Ohio, New Jersey, Pennsylvania, West Virginia, Indiana, Mississippi of the country.

There are innumerable kinds of glass. Some are named for their uses as bottle glass, mirror glass, optical glass, window glass. Others, according to the process of manufacture, as blown glass, pressed glass, cast glass, cut glass, ground glass. Other are named according to the localities from which they are obtained, as are Bazar, Bohemian, Murano, Venetian of Venice and Gobain glass. Still other names are given to glass, according to finish and form, as knirkled, corrugated, fluted and spun glass. Then there is agate, marbled, rose, argentine, aventurine, favrite, bronzed, silvered and platinum glass. The commonest kind of glass, however, is flint glass, and this includes all the myriad forms of glass and bottle glass. Besides all these, there are stained,

PILES

You will find relief in Zam-Buk! It cures the burning, aching pain, stops bleeding and brings ease. Permanence, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.

Zam-Buk

Painted, colored and mosaic glass. The principal bases used for making all glasses are sodium, potassium, calcium and lead. A host of other ingredients are used in making glass, for coloring, etc., but these vary greatly with the many different glass companies and no definite information can be given as to their use. Very often glass is made ordinarily like any other glass, the coloring being accomplished by the addition of dye (generally metal oxides) to the molten charge. The same metal produces several different colors at various temperatures. More often, however, colored glass is stained, painted or enameled, and when joined by strips of lead to form a pattern, is called mosaic.

Probably the largest use for glass in the electrical trade is in connection with the lighting fixture business. For this use is made the glass that is most used is milk, opal, alabaster or rich stone glass. Colored or stained glass, cut glass and glass that is green on one side and white on the other, are often used for lighting fixtures. Colored glass is principally used for domes, caps, mirrors and chandeliers, and the white and opal glass, principally for half shades and parabola reflectors. Mirror glass, too, is used to a large extent for reflectors.

While it is impossible to state definitely the kind of glass that is used for each electrical device that contains glass in its make-up the following list of devices will serve to give an adequate idea of where and for what glass is used by manufacturers of electrical appliances and devices: incandescents, lamps, bath light cabinets, leads to the ceiling, carriage calls, clocks, car headlights, current meters, color caps, domes, drink mixers, electrical medical apparatus, electropumps, fuses, fire alarms, electric fountains, flashlight lens, hydrometers, house numbers, insulators, illuminate columns, instruments, incubators, lamp bulbs, luminous radiators, lighting fixtures, marine fixtures, mirror shades, projectors, portables, showcases, sign projectors, shaving mirrors, signals, stage lights, static machines, vaporizers, voltage regulators and wet batteries.

Glass is an insulator—a non-con-

ductor of electricity and is largely used for insulating purposes, particularly in the form of insulators for the distribution of electrical energy, which, however, for voltages of less than 5,000—Troy Times.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it and would never be without it.

ISAAC E. MANN,
Metapedia, P. Q.
Aug. 31st, 1908.

Director of electricity and is largely used for insulating purposes, particularly in the form of insulators for the distribution of electrical energy, which, however, for voltages of less than 5,000—Troy Times.

Minard's Liniment Cures Diphtheria.

TRADE BRIEFS

Bids have been opened for construction work on new waterworks to be installed in the Peruvian cities of Ica, Pisco and Chimbote Alta. These improvements will be paid for by an additional duty on merchandise imported through the custom house at Pisco.

A sugar refinery, financed by Japanese interests, is to be built at Mukden, Manchuria. The parties interested in the new venture will endeavor to induce the Chinese in that district to cultivate the sugar beet.

The docks are being manufactured in a new factory at Amsterdam, Holland. Rubber supplies for the Dutch East Indies.

Direct mail service will be started between Ecuador and Cuba in the near future, thereby saving fifteen days in the delivery of mails.

It is reported that a new Japanese steamship line is to be started this month between Yokohama and South America, by way of Cape Town. Twenty thousand immigrants a year will be carried for the first four years.

The President of Bolivia has been authorized to undertake, under the supervision of the State, the construction of the Atocha-Tupiza section of the railway which will connect La Paz

with Buenos Aires. It is expected that this railway will be a formidable rival of the Panama Canal.

In 1916 there were 3,806 tons of wolfram exported from Burma, which was an increase of 1,145 tons over the amount exported in 1915.

Wood will be used as a fuel on the Honduras National Railroad because of the high price of coal. Cahoon nuts were experimented with, but the intense heat generated by them damaged the boilers of the locomotives.

Coal is said to be more economical than kerosene stoves, which have heretofore been exclusively used as a fuel in the Mukden consular district. Owners of mines in that district are trying to interest Manchurian distillers in the use of coal.

Hog raising is being encouraged in Brazil. The tax on lard leaving the country has been reduced one-half, and 200 boars have been purchased by the Government and distributed to farmers.

It is estimated that Brazil's 1917-18 coffee crop will amount to 12,500,000 bags. The bean crop is expected to exceed the present yield by 50 per cent.

Arkansas pine has proved itself superior to the various hard woods now used in England for flash and doors.

Because of the stagnation of European markets Ceylon presents an attractive market for many kinds of American goods. The consular office at Colombo recently placed orders for 2,000 kgs of nails and a ton of egg-shell paper.

There is a demand for cigarettes in British East Africa.

A firm in Africa has inquired about American markets for sesame, tallow, walrus nuts and ostrich feathers.

Shanghai, China, offers an excellent opportunity for American hardware. Door handles, door plates and electrical fixtures are especially needed for a number of new houses being built by American construction companies.

Brazilian merchants are trying to find a market in North America for rattan. The Straits Settlements have supplied rattan to this country up to the present time.

Bids have been opened for the construction of a new garbage incinerator at La Paz, Bolivia. Correspondence may be in English.

HELP WANTED

WANTED—WOOLLEN MILL HELP—Wool carders, spinners and weavers. Clean, steady work, and highest wages paid. We pay apprentices wages while learning. Family help given special consideration. For full particulars apply to Siligeey Mfg. Co., Ltd., Bradford, Ont.

WANTED—PROBATIONERS TO train for nurses. Apply, Welland Hospital, St. Catharines.

LADIES WANTED TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charge prepaid. Send stamp for particulars. National Manufacturing Co., Montreal, Que.

MONEY ORDERS. WHEN ORDERING GOODS BY MAIL, send a Dominion Express Money Order.

FARMS FOR SALE. FOR SALE—CHEAP UNDER MORTGAGE. Improved farm with buildings in Township of Artemesia, near Fleisherton; only \$500 down, \$100 in six months, and balance \$30 a year at 7 per cent. Can pay any sum up to date. London Loan & Savings Co., London, Ont.

IN THE COUNTY OF BRANT at the village of Kelvin—34 acres, cleared, well-tilled, choice sand loam, two good well buildings, all up-to-date, fences N. E. Full particulars, apply to John McCormick, Lawrence Station, Ont.

Where the Niles Meet.

At the junction of the White and the Blue Niles, 1,400 miles from Alexandria and 1,000 miles from Uganda, stands the capital of the Soudan, which but for the life and death of General Gordon might still be a struggling Soudanese village. Khartoum means elephant's trunk, and may well designate the long strip of land which separates the turbid waters of the White Nile from the clear and more rapid streams that come from the mountains of Abyssinia. Across the White Nile stretches the straggling, ancient desert capital, Omdurman, with a population of over 60,000, and it is practically a part of Khartoum, as Brooklyn is of Greater New York.

The quays, streets, gardens and public buildings present the picture of a civilized town, as regular and a good deal more ambitious than some metropolises in the growing west. The majority of the streets are wide, macadamized and lined with splendid trees. There is an excellent system of lighting, and tram cars connect Khartoum with the suburbs, from Gordon College on the east to Omdurman on the west, as well as with North Khartoum across the Blue Nile. Luxurious express trains, with dining and sleeping cars, run twice a week from Khartoum to Cairo. Christian Herald.

They Cured Him And They Did It Quick

WHAT GEO. W. GARDNER SAYS OF DODD'S KIDNEY PILLS.

His Symptoms All Said Kidney Trouble and They Yielded Readily to Dodd's Kidney Pills.

Penn Creek, Ala., April 26.—(Special.)—After suffering for three years from kidney trouble, George W. Gardner is again in the best of health, and has received full credit for his cure to Dodd's Kidney Pills.

"I think Dodd's Kidney Pills are wonderful," Mr. Gardner said, "in telling of his case. My trouble started from a strain or a cold and I noticed it first about three years ago.

"My eyes were puffed and swollen, and had dark circles under them. My skin had a dry, harsh feeling. My sleep was broken, and unrefreshing, and I had a bitter taste in my mouth in the morning.

"I took medical advice, but got no permanent benefit, till I used Dodd's Kidney Pills. Just two boxes of them fixed me up, and I feel as well as ever I did.

"Everyone of Mr. Gardner's symptoms is a symptom of kidney trouble. That's why Dodd's Kidney Pills cured them so quickly.

HIGH PRICED EGGS.

The Dominion Live Stock Department draws attention to the extremely high price paid for eggs and poultry last winter, and there does not appear to be any prospect of lower prices next winter. So many farmers and poultrymen sold heavily at the prevailing high prices for market poultry, thereby making a decided scarcity in the breeding stock for the present season, as the continued scarcity of eggs shows. To relieve the threatened shortage next winter, it has been strongly recommended that city dwellers raise their own hens to produce the necessary eggs. This can be done at lowest cost by feeding all table scraps and kitchen waste to the hens; cook no food for them, as modern poultry practice shows nothing is gained by cooking. The fowls can and will eat raw anything you may give them.

The city man's best investment is in day-old chicks. These are easily raised, as a chick can eat right from its start in life. The chicks can be placed

ISSUE NO. 17, 1917

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MICA HELPS THE HAUL

Dry hubs strain

1. The horses
2. The harness
3. The wagon

MICA AXLE GREASE

helps all three factors in the haul. It smooths the axle surface. MICA is the important part of axle grease.

THE IMPERIAL OIL COMPANY
BRANCHES THROUGHOUT CANADA

under a setting hen at night, and she will usually take to them, or they may be placed in a comfortable box, with a hot water bottle, renewed frequently, or an electric lamp kept burning, will provide sufficient heat, till they are five or six weeks old, depending on the kind of weather at the time. The best breed for the city man is, without doubt, the white Leghorn, justly called "the egg machine." It lays more eggs on less feed than any other breed of fowl. More chicks are obtained from one hundred white Leghorn eggs than from any other breed, and a higher percentage of Leghorn chicks live than of any others, also more Leghorns can be kept in less space than any other class of poultry.

The world's egg-laying record is held by a white Leghorn, and in practically all egg-laying competitions, white Leghorns win three out of five first prizes. They are now excellent as winter layers, even when kept in open farm houses. The modern white Leghorn is not to be confused with the Leghorn of some years back, as the laying strains are now developed into nice, plump birds, well fitted for the family table, some of the roughest weigh about five pounds. The city man cannot go wrong in getting some Leghorn chicks now, as the sure winter layers, and have strictly new-laid eggs at low cost, all winter and summer, and a nice fowl on the table whenever you want it. If this matter is taken up as earnestly as it should be, it will relieve a large quantity of farm produce for export to Britain, where it is needed now, more than ever before.

St. Cecilia's Bird.

When Spring is weaving tapestry
Of vivid enamel hues in getting some
All patterned o'er with arabesque
And violet's darkly blue
The wood thrush out in a breezy bough
Still jewelled with the rain
In ecstasy immortal trills
The "actresses" Cecilia.

Entranced we listen to the swell
Of every golden note
And marvel at such melody
From such a tiny throat out of the
But 'till one morning to the wood
The bird said he had come to sing
And taught the bird to sing for hark!
He still repeats her name.

—Minna Irving in N. Y. Sun

PURSE FADS.

Cubist effects. Clonstone clasps. Peleley leathers. Sprinkles upon lid. Glazed leather bags in pastel shades.

Even the man with a pull can't always pull himself together.

DRS. SOPER & WHITE

SPECIALISTS

Piles, Eczema, Asthma, Catarrh, Phlegm, Gonorrhoea, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nervous 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 4 p.m. Sundays—10 a.m. to 1 p.m.

Consultation Free

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

Please Mention This Paper.

A MESSAGE TO WOMEN!

IF you are troubled with weak, tired, nervous, headache, dizziness, constipation, nervous conditions, pain in the sides, regular or irregularly, floating, sense of falling or impairment of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today. Address: Mrs. M. Summers, Box 9, Windsor, Ont.

First, farm crops, oats, wheat, corn, peas, beans, potatoes; second, dairy products—milk, butter, cheese; third, meats—beef, mutton, pork; fourth, fish—salmon, cod; fifth, eggs. According to recent determinations and prevailing prices, as much valuable food material for human consumption could be obtained from the purchase of beans, with twenty cents, as from the purchase of beefsteak with forty-three cents, and of eggs with one dollar and sixty-one cents.

Field beans approach animal foods in nutritive value. They contain a high percentage of protein, and in this respect surpass the cereals commonly used as food, such as wheat, and oats. There is a higher percentage of protein in beans than in the best cuts of meat, but it is not quite so completely digested. Protein is a nutrient which serves to build and repair body tissues, as well as furnish energy. It performs essentially the same part in nutrition, whether it is from beans, peas, wheat, meat, milk or cheese.

Skilled labor throughout the Province is very scarce. The farmers of Ontario have an exceedingly difficult task ahead of them if they are to increase the production of the most valuable kinds of food materials in 1917. The following suggestions are offered in the help that they may prove helpful:

1. Carefully plan the crop production for the season at an early date.
2. Thoroughly clean and grade the grain so as to procure the large, plump, sound and well-matured seed.
3. Test the germinating power and the vigor of the seed before time to sow.
4. Overhaul implements and machines so as to be ready to start seed-

PATENTS IN ALL COUNTRIES

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of the whole Dominion, it will be necessary to have part time assistance from a great many people who will be willing to devote a very small fraction of their spare time to the work because of self interest, patriotism, local pride, and in some cases nominal remuneration. Those to whom the plan had been explained have offered their co-operation, and have been enthusiastic over the possibilities of the work and the advantage to the country at large in having such information thus brought together and classified for the free use of those interested. A bulletin is now being compiled setting forth in greater detail the plan and purpose of the survey, and this will be sent out especially to those whose co-operation is desired.

Minard's Liniment Cures Garget in Cows.

Temperament.

Technically, temperament means the special type of mental constitution due to natural characteristics of the bodily organism. Broadly speaking, temperament is character, the mental make-up of a person, the way he is inclined to think and feel about things in general.—New York American.

The girls who have the most cheek seldom use it in blushing.

The New Series CHEVROLET FOUR-NINETY

FIVE PASSENGER TOURING CAR FULLY EQUIPPED

\$695
E. & L. OSHAWA

CHEVROLET ROADSTER THE CAR FOR BUSINESS

\$680
E. & L. OSHAWA

There is a Chevrolet dealer in your locality anxious to give you a demonstration. See him before you buy your 1917 motor car. Write to Oshawa for a new catalogue showing all Chevrolet models.

AMERICAN

ENTERTAINMENT

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