# How I Suffered With Pimples

**No One Knows, Says Miss Stodalka. Many Nights Could Not Sleep. Cuticura Healed.**

"My face broke out all over with red pimples which would fester and then a large scale would form. Many nights I could not sleep because of the burning and itching. How I suffered no one knows.

"My mother requested me to try Cuticura Soap and Ointment and I did so. In less than a month I was completely healed." (Signed) Miss Rosebelle Stodalka, Richmond, Sask.

Why not make these fragrant emollients your every-day toilet preparations? **For Free Sample Each by Mail** address post-card: **"Cuticura, Dept. A, Boston, U. S. A."** Sold everywhere.


## HELPING THE CHILD.

### Some Don'ts for Mothers to Turn Over in Their Minds.

A few don'ts might well be conspicuously posted in many a mother's mind.

Don't consider it necessary to systematically underrate your child. Your adult friends will know you do not mean it, but the child will not, and probably more characters are weakened by the lack of self confidence engendered by such a process than by the vanity which follows the silly bragging of overfond parents.

Don't think that the moment you are alone with your boy or girl you must find fault or endeavor to improve the occasion by a little moralizing, no matter in how loving a spirit. This is the hardest of all, for no one is so anxious to help a child toward perfection as is its parent, yet it surely leads to an avoidance of the moments alone together, which should be times of happy confidences.

Don't correct the child before others. Never mind if a well meaning relative does say: "My dear, I am surprised that you do not show more force of character. Your children are suffering from a lack of discipline." Pass the matter over until you and the small offender can have it out alone. If the circumstances are such that it cannot be passed over take him out of the room.

Lastly, laugh often with, but never at your child. This takes self denial, but it pays: Make up your mind that whatever others may say he can depend upon you for a quick, sure understanding without quibble or joke at his expense. This does not mean that he must not take his share of harmless fun. It is wholesome, and too much sheltering would make him oversensitive, but the mother who lets her child know that she never makes fun of him will be surprised at the confidence with which he relies upon it.—Mother's Magazine.


Minard's Liniment Cures Garget in Cows.


## SCIENCE NOTES.

The pearl is the only gem that does not require the lapidary's art to bring out its beauty.

Although England's meat importations are very heavy coming from Australia and North and South America, 60 per cent. of the supply is grown at home.

The cod fish has the reputation of being the goat of the sea. It will eat anything and there are many records of it having performed some marvelous feats of swallowing.

An effort is being made to adapt the horse chestnut to the human dietary. The nuts are more than half starch and sugar, with some proteid and fat, and are nutritious. Their value chiefly depends of the elimination of the bitter elements and the irritating saponin-like glucosides.

A "milk" made by the Chinese from a native bean is shown by analysis to have a specific gravity of 1.030 and a fat content of 3.125 contrasting with a specic gravity of 1,029 and a fat content of 3.9 for a good average cow's milk, and looks exactly like unskimmed cow's milk.

Rubber-tired vehicles provided a passenger and freight service in the United States estimated at $175,000,000 for the year 1916.

The rapid growth of vegitation of the Arctic regions has been attributed by some investigators to the action of the electrical currents in the air, but the Government experiments have failed to show that that the growth of vegitation can be forced in this manner.


DRS. SOPER & WHITE

SPECIALISTS

Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.

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25 Toronto St., Toronto, Ont.

Please Mention This Paper.


## MUSICAL TRAINING.

### It Should Have a Place in the Education of Every Child.

We shall make no real progress in music in this country, says Bruno Huhn, until we come to consider a training in the rudemnts of music as an essential point in the education of our children.

Too often parents excuse their remissness on the ground that their children show no spontaneous desire to study music. Because a child shows no such desire to study reading, writing and arithmetic do we for that reason permit him to neglect totally these subjects? No normal child desires to study any subject, and a failure on the part of a child to crave a musical education should not be permitted to exempt him from such training.

In my opinion the average child should begin to study music at the age of eight or nine and for at least two years devote an hour a day to the exercise of it.

After two years the child's preference and aptitude may safely be consulted in regard to further study. But in any event the two years of study have not been wasted, for he has already learned something that will be of use to him all his life.

Musical training, especially in the home, should have a place in the education of every child.—Exchange.


## THE FIRST LINE OF DEFENCE

Pure blood is the body's first line of defence against disease. Strong, healthy blood neutralizes the poisons of invading germs, or destroys the germs themselves. That is why many people exposed to disease do not contract it. Those whose blood is weak and watery and therefore lacking in defensive power are most liable to infection. Everybody may observe that healthy, red-blooded people are less liable to colds and the grippe than pale, bloodless people. It is the bloodless people who tire easily, who are short of breath at slight exertion, who have poor appetites, and who wake up in the morning as tired as when they went to bed. While women and girls chiefly suffer from bloodlessness, the trouble also affects both boys and men. It simply affects girls and women to a greater extent because there is a greater demand upon their blood supply.

To renew and build up the blood there is no remedy can equal Dr. Williams' Pink Pills. They tone up the entire system, make the blood rich and red, feed and strengthen starving nerves, increase the appetite, put color in the cheeks, give refreshing sleep and drive away that unnatural tired feeling. Plenty of sunlight and wholesome food will do the rest.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. William' Medicine Co., Brockville, Ont.


### Population by Sex.

About half the probable population of the world has been enumerated with relation to sex. About 50.3 per cent. male, 49.7 per cent. female, is the result of this count. Only in Europe, among continents, do the females outnumber the males, the proportion being: Female, 50.6 per cent.; male, 49.4 per cent. In most parts of the world of which we have information the reverse is true. The percentage of males in British India is 50.9; in the tributary states, 51.7 ;in Japan, 50.5. In the United States by the last census there were 106 males to 100 females, the divisions of native, foreign, etc., being as follows: Native white of native percentage, 104 males, 100 females; native white of foreign percentage ,99.5 males, 100 females; foreign white ,129.2 males, 100 females; negro, 98.9 males, 100 females; all other, 185 males, 100 females.—New York Times.


Minard's Liniment Cures Distemper.


## EMBROIDERY.

### Some Points On Its Care When in the Laundry.

No matter how precise the work of embroidery needle or crochet hook, the finished product can never be judged until it has been through the hands of the expert laundress, that is, of course, when the work is done on washable material. To best wash centrepieces one should use lookwarm water and suds of a pure white soap. If a piece is much soiled it should be allowed to soak rather than be rubbed. Sometimes a very soft handbrush can be used to scrub the most soiled spots if the brush is rubbed in the direction of the threads of the embroidery.

Thorough rinsing in several lukewarm waters is a necessity, and then the piece should be rolled in a towel until the irons are hot.

Embroidery is best ironed wet with a hot iron, the embroidered side laid down on several thicknesses of towel, to raise it and bring out the pattern generally. Eyelets can be further raised and opened by going through them after ironing while still slightly damp with a stiletto or orange wood stick.

Always iron embroidered linen with the thread. If you iron the centre of a round piece first you will find the outside will ruffle. If you iron the outside first the inside will pucker. Iron right across the whole piece with the thread to get best results. Never approach any piece of work diagonally.

Sometimes in working one will pucker the work in places. These should be wet and stretched until dry before pressing at all. Of the embroidery seems to be taking up too much of the material and the centre still puffs in spite of all your efforts, try shrinking it out and placing a very hot iron down on the wet goods just on the puffy portion, leaving the iron as long as possible and not moving it along. Care must be taken not to scorch.

Oftentimes stretching before ironing will bring a piece into shape. Mark off the correct shape on your ironing board or a large baking board and then proceed to pin the pieces into this shape. This is particularly a good plan for crocheted lace articles. In ironing lace on a towel or runner end be very careful to stretch the lace and material together and iron them that, for if the lace in stretched by itself and allowed to stretch in the least bit it will incline to ruffle.

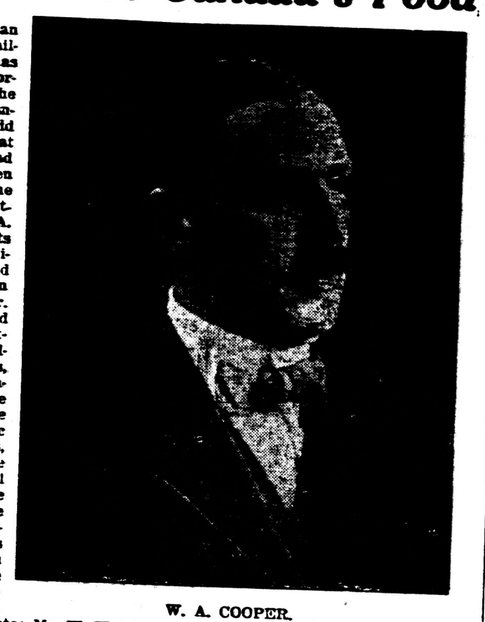
In ironing a lace-edged centrepiece, stretch the outer edge of the lace first, lay the piece flat and iron across with the thread, lace and all.


# "SALADA"

**It has the reputation of nearly a quarter of a century behind every packet sold——**

**Black—Green—or Mixed ——** E204


## To Conserve Canada's Food



W. A. COOPER.

THE Canadian Pacific Railway Co. has played an important part in the interests of Canada in the world war in a great many ways, and has again been honored by the recent appointment of Mr W. A. Cooper, one of its prominent officials, to the Food Conservation Committee. Mr. Cooper has had considerable experience in dealing with foods, having been connected with the dining cars of the Canadian Pacific for twenty years, and his wide knowledge will be of much value to the Committee in the conservation of Canada's food stuffs. On this committee Mr. Cooper is associated with Judge Rose, Toronto; Mr. W. Wright, Toronto; and Miss Watson of the Guelph College. Mr. Cooper was born in 1871. After leaving school he commenced work with the Grand Trunk Railway as a junior clerk under the late William Wainwright, for whom later he acted as Private Secretary. Leaving that company in 1891 he joined the Canadian Pacific Railway service as Chief Clerk to the General Superintendent of the Eastern Division, and subsequently assumed the duties of Inspector of Sleeping and Dining Cars, from which he graduated in 1897 to Assistant General Superintendent, and in 1905 was appointed Superintendent. In 1910 Mr. Cooper was promoted to General Superintendent, and during the past four years has been Manager of the Dining, Sleeping, and Parlor Cars, operating also the station restaurants, and train news service. For the years 1908, 09, and 10, Mr. Cooper filled the position of President of the American Association of Dining Car Superintendents.


## Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send to any mother FREE my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address.

Mrs. M. Summers.

BOX 8 WINDSOR, Ontario.


## SARGASSO SEA MYTHS.

### No Floatnig Island and No Imprisoned Derelict Ships.

The shortage of potash, owing to the war, has greatly stimulated the business of recovering potash from a kind of seaweed known as kelp, on the Pacific coast. They drag up the kelp with rakes made especially for the work, dry and burn it and get potash from the ashes. This has led to the formation of a company in Florida, which proposes, if it can get capital to back it, to build a floating potash works which will be towed out to the Sargasso Sea and anchored to one of the vast islands of floating seaweed supposed to exist there. The plan is to manufacture potash at a rate of 200 tons a day. The prospectus of the company says it can go on forever because the supply of seaweed is inexhaustible, covering an area almost as large as the continent of Europe, and tightly matted into islands.

The formation of the company emphasizes one thing: That the ancient myths about the Sargasso sea are still generally believed, and that it is still a mystery to many, probably to the majority of persons.

The old geographers described the Sargasso Sea as impenetrable and insisted that it held forever all that came within its bounderies. It was a vast slow-moving eddy in the center of the Atlantic, where clogged and matted seaweed stretched for endless leagues like some slimy swamp. Here all the derelicts drifted and floated with the seaweed in eternal revolution slowely around and around, and there might be ships there that were caught in its embrace centuries ago. It was a fascinating thing to dream about it; books of fiction and books pretending to be fact.

But it was all fable. The romancers forgot that Columbus sailed right through the Sargasso. Many another mariner has sailed through it since. The hydrographic office of the United States government sent a ship through it with a company of scientists six years ago, so there is no mystery about the Sargasso sea to those who have sought to learn.

The so-called Sargasso Sea is an egg-shaped area of ocean about 1,700 miles from east and west and 1,000 miles from north and south, lying due east from the coast of Florida. It is really a kind of eddy; it owes its existence to the ocean currents that encircle it; while in this great area of nearly 2,000,000 square miles there is scarcely any current. Seaweed does exist there in quantities, but the greater part of its growth is a surface seaweed kept afloat by tiny bubbles; but there are no floating islands of matted seaweeds and no derelicts imprisoned there for years.—Kansas City "Star."


Minard's Liniment Cures Diphtheria.


### So Say They All.

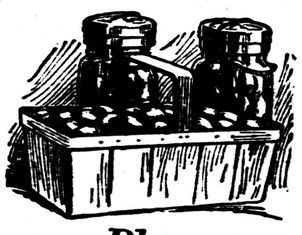
Some time ago a charming girl came to town to spend a week with a young woman friend. While there she was induced to take part in a church bazaar, and was given charge of the confectionery stall. Eventually a middle-aged man was led that way.

"They tell me I must buy some chocolates," smiled the victim, picking up a box from the stall. "How much is this?"

"Five dollars," answered the girl without any visible evidence of conscientious pangs.

"Um," thoughtfully returned the victim, glancing from the chocolates to the girl, "aren't you a little dear?"

"Well," coyly rejoined the other, "that's what all the boys say."

Preserve all you can with

Lantic Sugar

"Pure and Unadorned"

for the sake of economical and wholesome desserts.

10, 20 and 100-pound Sacks

2 and 5-pound Cartons

Write for free copies of our three new Cook Books—also sending in Red Ball Trademark.

Atlantic Sugar Refineries Limited, Montreal

Plums

have a spicy zest which makes them a favorite preserving fruit, and several excellent varieties are plentiful this year.


## SONNET.

(By James Cobourg Hodgins.)

To those who went, the dearest name on earth,
To those who, seeking shelter and soft sloth,
Paltered with God, forgetful of their oath,
A name to haunt throughout the world's wide girth.
Full of high choler and heroic mirth,
The elected ones, from tendrils of old growth
Tore fiercely free and, to an ancient troth,
Stood faithful unto death and proved their worth.

But when the war is o'er and those return
Who, like great hearted heroes, rushed to fight—
God's champions of the outraged and oppressed—
And passionate love in every heart doth burn,
Where shall ye stand—base recreants to the light?
Full in the ranks of cowards self-confessed!

—From the Canadian Magazine for August.

## EXERCISING AT HOME.

### How One Man Utilizes Open Air Sporting Outfit.

"I didn't know your business allowed you much time for sports," said the visitor as he glanced around at the athletic paraphernalia displayed on the walls of his friend's den.

"It doesn't—much," replied the middle-aged business man. "When I get a chance I sneak off to a gymnasium or to the country club, but most of my exercising I do right here in this room."

"Surely you don't use the basketball or the ice skates or that rifle here," said his friend, with a smile.

"You're wrong; I do," said the busy man, briskly. "See that hook in the ceiling? I string the basketball up, put on that pair of old kid gloves and bang it around for ten minutes every other morning or so. Best punching bag I ever tried.

"Those ice skates are just the right weight to use or dumbbells in some very quick exercise. Any one of those golf sticks makes a wand such as they use in gymnasiums to take the quirks out of the muscles of the arms, chest and back.

"Those tennis balls are invaluable for strengthening the grip of the hands and the cords of the forearm. Take one in each hand and squeeze it about fifty times as hard as you can every day.

"With that hunting rifle I haven't used in four years I go through the same stunts, including the manual of arms that Uncle Sam has worked out to keep his soldiers in good trim. I must admit that this tennis racket has puzzled me. I can't think of a thing to do with it except practise strokes with one of the balls against that clear part of the wall."—New York Sun.


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, 1916, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results, and today I am as well as ever in my life.

Yours sincerely,

His
MATTHEW x BAINES.
mark.


### Delightful.

A certain young person had attained her twenty-fifth year so many times that her ingenuity was about to crack under the strain of getting away with it. In other words, she would soon be an old maid if somthing wasn't done.

But what?

In her perplexity she consulted the seventh daughter of a seventh daughter. "I feel," declared the young person tragically, "as if I were drowning."

The seventh daughter of a seventh daughter was not lacking to herself "Precisely," she replied. "Drowning is described by all who have given it serious trial as a delightful sensation, provided you don't struggle against it."

Whereupon the young person saw a great light and went home and lived happily ever after.—New York Post.


Minard's Liniment Cures Colds, etc.


### The Broken Broker.

The late Judge Pennypacker, of Philadelphia, was an advocate of the enfranchisement of woman, but he also advocated justice in the relationship between the sexes for man.

"Women," he said whimsically one day at the Pennsylvania Historical Society, "mustn't pay in both ways. She mustn't get the vote and the equal wage through man's sense of equity, and then get all kinds of unfair privileges through his sense of gallantry.

"There's a lot of truth in the story of the young broker who after his failure was thrown over by a pretty girl.

"'Why was the engagement broken off?' a banker asked the ruined broker.

"'Well,' he answered, 'after I'd given her a string of pearls, an opera box and a birthday gift of a twelve-cylinder limousine I went to smash, and her people accused me of amusing myself at her expense.'"—Baltimore Sun.

### Color News.

Navy, of course.
Black and white.
Beige, straw, orchid, flesh, etc.
Vivid emotional tones from China, Russia and Turkey.
Soft, delicate tones of our own west, and rich dull ones from Persia.


ISSUE NO. 34. 1917



HELP WANTED.

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

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.

WANTED—LOOM FIXER ON CROMPton and Knowles' Looms. Good opportunity to right man. Apply, stating age and experience, to the Slingsby Mfg. Co., Ltd., Brantford, Ont.

MONEY ORDERS.

BUY YOUR OUT-OF-TOWN SUPPLIES with Dominion Express Money Orders. Five dollars costs three cents.


## THE CAR SHORTAGE

### Consignees Can Help by Ordering Full Carloads.

The railways solicit consignees' co-operation in their endeavor to provide all their patrons with a satisfactory freight car supply.

**CONSIGNEES CAN HELP BY ORDERING FULL CARLOADS.**

Many consignees never order more than the minimum authorized under the tariffs and classification. The result is an economical waste which reduces the efficiency of the railways and the public suffers.

To increase the average car loading by 1 ton, would be equivalent to placing 10,960 additional freight cars in service in Canada.

To fully load cars would go a long way towards solving our transportation difficulties.

Railways realize that some consignees cannot always order full carloads, but they are requested to help by ordering in as large units as possible.

**A CAR SAVED IS A CAR GAINED.**

The difference between minimum loads and full loads of certain standard commodities is given herewith:

**Flour shipped in 214 lb. barrels.** Minimum load 210 bbls.: A 30 ton car will hold 300 bbls., a 40-ton car will hold 315 bbls. 98 lb. sacks. Minimum load 459 sacks: A 30 ton car will hold 673 sacks, a 40 ton car will hold 900 sacks.

**Sugar shipped in 100 lb. sacks.** Minimum load 300 sacks: A 30 ton car will hold 660 sacks, a 400 ton car will hold 940 sacks.

**Cement shipped in 87 1-2 lb. sacks.** Minimum load 457 sacks: A 30 ton car will hold 754 sacks, a 40 ton car will hold 1074 sacks.

**Nails shipped in 107 lb. kegs.** Minimum load 280 kegs, A 30 ton car will hold 616 kegs, a 40 ton car will hold 878 kegs.

**CONSIGNEES CAN HELP BY PROMPTLY RELEASING CARS.**

To most consignees such an appeal is unnecessary—they do not delay cars under load. There are others, however, who appear to be satisfied if they release cars in what is known as "free time." Again, there are still others who hold cars in storage service for weeks, and such consignees are largely responsible for car shortages and terminal congestion.

A recent check of cars placed for unloading and held by consignees at some of the stations on one of the railways showed 700 cars delayed an average of twelve days. Had these cars been released within even five days they would have made nearly 1,400 trips, and would have handled about 35,000 tons of freight. 2,615 other cars unloaded within three days could have been placed for delivery on the tracks occupied by these 700 delayed cars.

The railways do **NOT** want their cars to earn demurrage, but want them employed in carrying freight.

**A ROLLING CAR GATHERS NO DEMURRAGE.**

If consignees will order freight from shippers so as to increase the average loading by 5 tons per car, and if they will reduce the average delay in unloading by 24 hours, it will prevent car shortages

**In Co-operation There Is Efficiency.**

### Life's Little Perversities.

There are many little perversities in this life of ours. Doctors cannot heal themselves. Dentists nearly always have bad teeth. Undertakers rarely die and never bury themselves. Editors cannot edit themselves. Financial authorities are always broke. Chefs have no appetite. Tailors are always poorly dressed. Barbers usually need a shave. Bartenders seldom partake—unless it be of a cigar, merely to keep the shingles on the roof. There is no need to multiply instances.—St. Louis Post-Dispatch.


**In These War Times** you want real food that contains the greatest amount of body-building material at lowest cost. The whole wheat grain is all food. **Shredded Wheat Biscuit** is the whole wheat in a digestible form. Two or three of these little loaves of baked whole wheat with milk and a little fruit make a nourishing, strengthening meal.

Made in Canada