FLORAL ARISTOCRATS.

Orchids Are Not Parasites, and It is Difficult to Raise Them.

Aristocrats of the flower kingdomand probably the least understood. You hear them called parasites, which is only one of the common mistakes made about the orchid. You see a hundred different shapes and a dozen different colors grouped together, each shape perhaps a distinct family and each with a separate name.

In the first place, orchids are not parasites. A parasitical plant is one which gets nourishment from another plant. Certain orchids live on trees, but they get their food and drink from the air by means of aerial roots. We call them epiphytes. Other orchids get their nourishment directly from the They're called terrestrial erchids.

People don't understand, either, why orchids cost so much. They fail to see why a tiny plant is sold for, say, \$1,000. If they realized that rare erchids may have cost a long trip into a tropical jungle to obtain and that it takes from eight to ten years to raise a plant from the seed, with patient care and treatment, they could see why these flowers remain in the aristocratic class.

Only the orchid grower can understand all the details of his art, but the flower lover can easily learn to distinguish the various types.

RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or defence. If the nation needed him it protruding Piles. I can tell you how, in your own home and without any-

best of all treatments.

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money but tell others of this offer. Address

MRS. M. SUMMERS. Box &. Windsor, Ont.

Progress.

(Chicago Tribune). Because we travel in automobiles

and aeroplanes, because we build skymapers and enjoy the movies, because the whole machinery of our physical life has been complicated, accelerated, and upholstered in luxury, we put this down as progress and charge little or nothing off against it. We can be sure that we have paid

roundly for this, and one of the largitems is registered in our mental habits. An acute observer of American life, long a resident of this country, has said that the most serious of our faults is our refusal to submit to persistent mental effort. We are mentally lazy, in short. The charge is true and undoubtedly

we can find its explanation in the rapidity of our external life and our mevitable preoccupation with it. We substitute for the hard and persistent effort mere surface apprehension and easy, though shallow, generalization. We pride ourselves on our know-

ledge—that is our information— but we do not sift this industriously and patiently. We know thousands of facia our forbears did not dream of, and we do not stop to think that many if not most of them are pragmatically valueless. The men of former times had less to think about and thought more-of what they had to think about. They had to hold their facts longer and came nearer to a mastery of

The newspaper is responsible for this in large degree. It has widened men's horizon and increased men's stock of information. In so doing it

vice he is assigned. Universal service, rationally organ-

HAIR GOODS

LADIES AND GENTLEMEN

Maffed at lowest possible prices, consistent with high-grade work. Our Natural Wavy 2-Strand Switches at \$5.00, \$7.00 and \$9.00 in all shades are leaders with us. Just send on your sample, or write for anything in our line. GENTLEMEN'S TOUPERS at \$55.00 and \$55.00 that defy detection when worn.

MINTZ'S HAIR GOODS **EMPORIUM**

62 KING ST. W. HAMPLTON, ONT. (Formerly Mame. I. Mista).

has performed a service of value, but the service has been paid for. Our and over life, which is the test of real knowledge, is not greater in broportion to our increased informed We are tempted to move rapidly with a swiftly running current of reported events which we do not take the time and effort necessary to relate to one another and interpret. Reading, which maketh a full man.

if it is orderly, purposive and well digested, may become a mere anodyne or a pastime. We read more extensively than our fathers and probably think less of what we read. The short story displaces the three decker novel, the movie the five act drama, the newspaper the essay and debate.

The Germans have a word which we may translate "long sittingness." It is a significant word expressive of the solid, determined, untiring digging up on which alone a solid structure of real culture, of lasting achievement, can be built. There is nothing more needed in American life.

Minard's Liniment lumberman's friend

Spring Gloves.

They are of fine French kid. And intended, of course, for feminine! hands. They come in the smartest colors biscuit, champagne and gold

embroidery and are finished with Van Dyke points in colored kid to match the stitching. Some have narrow bands of contrast

ing color kid at the top.

Why People Feel Depressed in the Cold Weather

Why is tiredness and languor so prevalent just now? A physician explained that the cold of winter drives blood from the surface of the body to the liver. Nominally one fourth of the whole blood supply is in the liver. and when more blood is accumulated in that organ everything goes wrong.

No better remedy exists than Dr. Hamilton's Pills, which are composed of such vegetable extracts as Mandrake and Butternut, and possesses wonderful liver stimulating powers. It's a marvel the way Hamilton's Pills clear the blood of the poispnous humors. They put new life into worn out bodies, build up the appetite, bring back a reserve of nerve energy, tide folks over the cold days of winter and the depressing days of spring. For your health and body comfort get a 25c. box of Dr. Hamilton's Pills today.

Universal Service and Four Men. (St. Louis Republic.)

Universal service, according to a common sense plan, would not mean the putting of a rifle upon the shoulder of every boy. Far from it: It would simply mean that every boy, on reaching a certain age, would be fitted into the scheme of his country's would know where to find him, what

he was good for, and how to use him. one's assistance, you can apply the Let us take, for instance, four men he becomes cross; does not sleep well; eo that the cat purrs and cannot roar, most delicious of all the griddle cakes, of 24 years each, who have been fitted is greatly troubled with constipation; but in the lion and tiger the hyoid is Two cupfuls pure buckwineat flour. into this scheme. The first is a laborer of 160 pounds weight, sound and strong. He has been given, during selected periods between the ages of 17 and 21, the training of an infantryman. He is called to the colors in the hour of need and a rifle is put into his hand. He is a trained soidier, available for immediate service. The second man drives a motor truck. He is not put into the line with a rifle, but is attached to the ambulance corps or quartermaster's department as a part of the army's transportation system. Both of these men are in perfect health and condition.

But the third man has a blemish—a stiff knee. He could not march three miles a day. He is a machinist—the expert operator of a turret-lathe. He is as necessary and valuable a part of the military machine as the soldier or the motor truck driver, but his place of service is in the munition shop instead of in the field. The fourth man is slight and delicate; he is under weight and lacks in chest expansion; he would not last sixty

days in a strenuous campaign. But he is a skilled accountant and will be invaluable as the army's representative in the accounting department of a, factory which has been taken over

I cured a horse of the Mange with MINARD'S L'INIMENT. CHRISTOPHER SAUNDERS.

I cured a horse, badly torn by a pitchfork, with MINARD'S LINI-

EDW. LINLIEF. St. Peter's, C. B.

I cured a horse of a bad swelling by MINARD'S LINIMENT. THOS. W. PAYNE.

as a munition plant, and to this ser-

ized, would not attempt to put every man into the fighting line; such action would insure not preparedness, but unpreparedness: it would involve a topheavy fighting force on the one side and a depleted sustaining force on the other. Practically carried out. universal service would so organize the manhood of a nation that, in the event of war, every citizen would be placed, with the minimum of delay and friction, in the position where he would be of the greatest value to his

country. Instead of wasting the energies of the nation's manhood upon useless and barbarous tasks, a rational scheme of universal service would make forever impossible just such wasting of energy as has been witnessed on the Mexican border during the last few months. And it would have a most powerful influence upon the preparedness of the nation for the conquests of peace. How many boys do you know who have lost years by "drifting" before they found out the thing to which they were best adapted? waat kind e effect upon the citizen



would it have if the Government looked over every boy at the age of 17 and saw to .. that he received, in school or shop or mine or railroad yard or plowed field or counting room or laboratory, the training best calculated to enable him to do the thing which would help his country most in the hour of its need? Can anything be thought of which would be a better preparation for the citizenship of peace than this?

Ask for Minard's and take no other

Antiquity of Passports.

Passports are a evry ancient institu-They have pearl clasps and heavy tion. Some of the old monkish chroniclers mention as an achievement on the part of King Canute that he obtained free passes for his subjects through various continental countries on their pilgrimages to the shrines of the apostles Peter and Paul at Rome. Each pilgrim was furnished with document in the nature of a passport called "Tructurin de Itinere Pergenta." Hall in his "Chronicle" makes reference to a system of passports in the time of Edward IV., and the enforcement of this system is known to have been very strict in the reigns of Elizabeth and James I.-London Mail.

True Blue.

The expression "true blue" which we hear so often; has not even an English parentage, but is said to have been a Spanish saying which meant that the blood that filled the veins of the aristocracy of Spain was blue in color, while that of the inferior Mortals was more or less black, and the proverb that "true blue will never stain" instead of meaning, as is generally supposed, that "a noble heart will never disgrace itself," actually refers to the "blue aprons" worn by butchers on account of their not showing blood stains—a far jump this from the blue blood of the haughty Spanish aristocracy to the humble apron of a butcher's boy.-London Ex-

TEETHING TIME A TIME OF WORRY

when baby is teething is a time of worry to most mothers. Baby's littie gums become swollen and tender; colic or diarrhoea and sometimes even convuisions seize him. During this period nothing can equal the use of Baby's Own Tablets. They regulate the bowels and stomach, and make the teething so easy that the mother scarcely realizes baby is getting his teeth. Concerning the Tablets, Mrs. Arthur Archibaid, New Town, N. S., writes: "I used Baby's Own Tablets when baby was getting his teeth and I tound them an excellent medicine. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SCIENCE NOTES.

As a precaution against conflagrations resulting from the fires of excursionists, several stone fireplaces have been erected in Swope Park, Kansas City, for public use.

A new cafe and observation car has large windows at the tables, so that diners may get a broad view of the passing landscape while dining. The steel mast or an Atlantic Coast

oil barge is used as a smokestack from the galley. Every square mile of sea is estimat-

ed to contain about 120,000,000 fish. Recent observations made in Northern Norway indicate that the average display of aurora-borealis takes place at a height of from 60 to 65 miles. A lady's foot should equal in length

one-seventh of her height. The outpour of the Bureau of Fisheries in stocking the waters of the

United States amounted to more than 4,000,000,000 specimen last year. Japan occupies a prominent place among the countries of the world in the possession of mineral springs rich in radium emanations. These are found exclusively in granite regions.

Air cooling methods of the rapid-fire guns now in use have proven inadequate, and the soldiers seem to think that water-cooling is superior. Of the 800 German missioners engag-

ed in different parts of the British Empire before the war, 400 were lo-

Marmalade

I made it with my same old recipe

but I used

Lantic

Sugar

dissolves instantly making a clear jelly.

2 & 5 lb. cartons, 10, 20 & 100 lb. sacks

On account of its Fine granulation it

boards are cleaned by a vacuum de

A well-known explorer is authority for the fact that lions are generally "left-handed." They usually strike with the left fore paw.

A bat has difficulty in rising from a perfectly level surface. Sugar exists in the sap of nearly 200

It is estimated that a ton of water from the Atlantic Ocean, when evaporated, yields 81 pounds of salt; a ton of Pacific water, 79 pounds; a ton Arctic

Minard's Liniment Used by Physicians

Sir Wilfrid Leurier.

We may not share his views in many ways, Or claim connection with his race or

heed In battle times. But Laurier earns this phrase That tongues of gall can me'er his fame abase; Or sully the clean grandeur of his The future crowns him o'er the transient strife:

Traducers prate as winds of summer

A great man's genius is its own sure

Cure

dy so quick, safe and sure as Putnam's Painless Corn Extractor. Sold everywhere 25c per bottle.

Why Cats Pur and Lions Roar. One of the most interesting discoveries made lately is that of Sir Richard Owen that the lion roars, instead of purring, simply because the

In the cat this bone is stationary, loose, and therefore even when calling to their mates the larger members of the cat family rear. The roar of the jaguar and "hoarse, barking coughs, an interval and bake at once on a hot griddle. of about one second separating the expiratory efforts," says this observer. They may be easily reproduced or imitated by sawing a piece of thin board. itated by sawing a piece of thin board with a coarse toothed saw. The cheetain, however, calls with a decided mew, very much like that of the cat. R. I. Pecock, superintendent of the London Zoo. explains that those felidae or cat family that have an elastic ligament between the ceratonyal and the upper elements of the suspensorbut never purr: while all the other species of the felidae, with normally constricted hyoids, purr, but never

Year Round Breakfasts.

Winter or spring, summer or fall. pancakes hot from the griddle are a welcome and relishing addition to the me the holy sacrament, and a good

morning repast. Times readers will find in the following recipes a delicious variety from which to choose:

sour milk or buttermilk. At night put morning. Dodd's Fidney Pills cured into this enough dry bread to take up me. I am able to do my day's work the milk. In the morning mash the now as well as I was ten years ago." bread with a fork, add one egg, well. Mr. Goulette offers to answer any beaten, sait to taste, one-third tea- letters written to him regarding his spoonful baking soda, mix in flour case. He feels that he owes his enough for a medium stiff batter, health, if not his life, to Dodd's Kid-Serve with sugar and cream.

licious cakes are made the same as the ordinary wheat cakes. Fry and spread with hot mincemeat, rolling them in the same manner as French pancakes. Sprinkle with confectioner's sugar and serve immediately. Cornmeal Pancakes-Mix two tea-

In the up-to-date school, the black- rint cornmeal, one-half pint flour, and

plants and trees.

or Antarctic water, 86 pounds; ton of water from the Dead Sea, 187 pounds.

And party's call receives but languid

His honored years wear garlands of bright days.

A little dust that eddies swiftly past,
While sunlit vistas keep their un
alimn'd glow.

charm, Unwounded by the spite-shot boits of harm:

narm;
His light shines clear while fades de-traction's blast.

-James F. M'Fadden, St. Mary's, Ont. in St. Thomas Journal.

Guaranteed COPIS takes the string

right out. No remo-

hyoid bone in his throat is locee. roar, and among these are the chee-

tah and puma. Keep Minard's Liniment in the house

PANCAKES.

Mincement Pancakes—These de-

spoonfuls baking powder with one

a little salt, and two well-beater or and enough sweet milk to make batter. Or put one tempoonful soi in one pint sour cream, add a lienten egg. a little salt, four tablespoonfuls of flour and enough cornmeal to make a soft batter. Fry brown on both sides in hot fat.

Green Corn Pancakes One can of sweet corn, two well-beaten eggs, three tablespoonfuls milk, one tablespoonful melted butter, salt and pepper to taste. two teaspoonfuls baking powder and flour to make a batter. Serve with butter.

Sour Milk Griddle Cakes-Put into towl one cupful sour milk, and one cupful sifted flour (one-third of this cup may be entire wheat, fine corn-

merit which you are desirous of disposing of-such as Antique Furniture, Old Plate, Brassware, Prints, Engravings, Old Arms, Armour, Curios, etc.? If so, you will find it of interest to you to consult

62 KING ST. E., HAMILTON, ONT.

THE HOUSE FOR GIFTS.

Importers and Dealers in China. Glass, Fancy Goods and Antiques.

meal or rye meal). Before mixing sift on the flour one teaspoonful each of salt and soda, then add one beaten egg and one tablespoonful of melted butter. Beat well, cook on a hot griddle. Flours and meals vary, so if the first cake is not right, add more fiour or moisture as needed.

Almond Pancakes-Cream one tablespoonful of butter with three tablespoonfuls sugar, add two well beaten eggs, pinch or sait, one-half cupful of cream, stir in one malf cupful or flour. same of ground almonds. When done sprinkle with powdered sugar and roll and serve.

Hominy Griddle Cakes-To one pint warm boiled hominy, add one pint so rosy, has faded away—her eyes are Never known to milk or water, one pint flour. Beat fail; acts without two eggs and stir into the batter with pain in 24 hours. Is a little salt, fry as any other griddle soothing, kealing; cake. They are delicious.

Rice Griddle Cakes-Two copfels cold boiled rice, one pint flour, one teaspoonful sugar, enemalf teaspoonful salt, one and one haif terspoonfuls baking powder, one egg, a 'ittle over a cupful of milk, sift together salt, sugar, flour and makin; powder, add rice, free from lumps, diluted with beaten egg and milk. Mix into a smooth batter. Have griddle weil heated. Bake nice brown, not too thick; serve with maple syrup.

most delicious of all the griddle cakes. one cupful wheat flour, two tablespoonfuls baking powder, one half teaspoonful salt, all sifted well tograder. leopard are like Mix with sweet milk into a thin batter

His Life To Them

TELEGRAPHED 200 MILES FOR Countries of Europe. DODD'S KIDNEY PILLS.

lum (lion tiger, leopard, jaguar) roar, Sandy Goulette. Now Strong and Hearty, Tells How he Found Health little feet running in and out. After the Doctors Had Given Him

Old Fort. Bay, Labradore, Que., March 8.—(Special.)—"Do I believe in Dodd's Kldney Pills? Well, I telegraphed two hundred miles to get two dren were regarded as a real blessing boxes of them." The speaker was Nine Good Recipes for All the Nor did Mr. Conlette require to be Sandy Goulette, an old settler here, full of them.

pressed to tell the rest of his story. "I was swellen cut of shape from head to foot. I was so short of breath I could hardly speak. The doctor could do nothing for me. The minister gave live much longer.

ney Pills. I took three pills the night Bread Pancakes—Take one pint of they came and I got relief before ney Pills.

ANCIENT ARMIES.

Only Ones Approximately in Size Those of To-day.

When King Xerxes of Persia invaded Greece in 840 B.C. he was said by Herodotus to have brought across the Hellespont an army of 1.700.000 men, gathered from all western and much of Central Asia, including the Greek cities on the coast of the Aegean sea. There has been a good deal of skepticism about these figures, says Robert Ellis Thompson in the Irish World, on the ground that such a body would have been found utterly unwieldly. and it was too large for any system of supply of food, and that nobody can be sure that it was counted correctly. And from that time to our own no army of one million or more was ever mustered into fight, unless it were the horde of Huns, who fought the bettle of Chalons in A. D. 451, with the Goths and Romans, and left 250,000 of their number dead on the field of conflict.

While fighting still went on in the Middle Ages, within and between the nations into which the Roman Empire was divided in that century, arm may be said to have ceased to eather.

ISSUE NO. 10, 1917

WANTED-COOK-HOUSEMAID: home for suitable girl; wages, Address, Mrs. Goring; 20 Abordses Hamilton, Ont.

The military forces were compo tendal tenants of the several kings, who left their peaceful occupations at the call for troops, and went back to them when the war was over. But with the invention of gunpowder a great change came, and standing armies in the services of the kings began to arise, with the result of overthrowing the rude system of popular control of kings and princes, which the teudal system had preserved. But still armies were numbered by the ten or at most the hundred thousand and millions, disappeared from m tary arithmetic. Even the wars of the French Revolution did not engage such vast numbers. At Wagram some three hundred thousand were engaged, and Leipzig the Allies alone numbered as many. This was the

maximum. We get back to the millions with the United States Civil War, as more than 1,000,000 soldiers were under arms in the national service when the struggic came to an end. At that moment America was the greatest military country of the world, and the knowledge of this fact lent force to our demands for the evacuation of Mexico by the French, and for the pavement of the Alabama claims by the English.

Rearly Every Girl Can Make Herself Pretty and Attractive

SOME WHOLESOME TRUTHS EVERY GIRL SHOULD THINK ABOUT.

Probably you know just such a girl. Perhaps she is sixteen-good to look at, and pretty-quite interesting because she reflects the graces and charm that give promise of happiness to herself and others. But she is not strong. The color in her cheeks, once listless—the buoyancy of spirit and vigor she once possessed are sadiy lacking. Parents, friends, this girl needs Ferrozone - needs it that her blood may be renewed-needs it to restore the nerve force that growth, study and the development of her fresh youth have exhausted. This girl will become a queen with Ferrosone which will restore her color-bring back her old-time energy-give brightness to her eyes and vivacity to her spirits. In Ferrozone every girl finds strength—then she can do things. In Ferrozone there is endurance—that drives away morning tiredness and Royal Buckwheat Cakes—This is the languor. For the girl or woman that wants to be happy, healthy, winningwho values rosy cheeks and abundant good spirits, nothing can compare with Ferrozone. 50c per box, or six boxes for \$2.50. Get it to day from any dealer in medicine, or by mail from The Catarrhogone Co., Kingston. Ont.

Quivers Were Really Full.

It seems very doubtful whether even war will stop the falling of the birthrate. The tendency is for it to go down-down-down in nearly all the

It is in pioneer settlements in new countries that families are generally largest. Out on the prairie life is deadly dull if there aren't plenty of

Alice Morse Earle, who writes so delightfully of Colenial days and Colonial ways, has much to say about the large fomilies of the early settlers of New England. in those days large families were eagerly welcomed. Chil--happy the man that had his quiver

For the Colonial farmer, and especially to the frontiersman, every child is an extra help on the farm. In New England, when land was portioned out. there was in the early days a portion for every woman and every child in the family, so that if each child was priest came and told me i could not not born with a silver spoon in its mouth, it came into the world in the Then I telegraphed for Dodd's sid- proud position of a landed proprietor. Families of twelve, thirteen, four-

teen, fifteen were so common that no

one considered them remarkable at all

Sir William Phips was one of the

twenty-six children, all with the same

mother; Green, a well-known Boston Frinter, was married twice, and had hirty children. Among the clergy large families were the rule. One-widely known had twenty-six children, another twen ty, another eighteen and so on.

"Going up on High?" Better try the low gear first. The human engine must have the right kind of fuelfcod. Power to do things comes from food that is rich in muscle-building material, that is easily digested. Shredded Wheat is a highpower food, the kind that fits a man or woman for the day's work-just enough muscle-making material, just enough heat-making material to keep the body in topnotch condition. Shredded Wheat is ready-cooked, ready-to-eat. Two Biscuits with milk make a nourishing meal at a cost of a few cents. Made in Canada.

Have

Huge

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