

# CUTICURA HEALS SORE HANDS

That itch, burn, crack, chap, and bleed, in a wonderfully short time in most cases. Soak the hands on retiring in a hot suds of Cuticura Soap, using plenty of the Soap. Dry and rub Cuticura Ointment gently but freely into the hands for some time. Wear old gloves or softer bandages during night or remove surplus Ointment with soft tissue paper as preferred.

Free Sample Each by Mail. For free sample each address post-card: "Cuticura, Dept. N, Boston, U.S.A." Sold by dealers throughout the world.

# Beri-Beri On a Windjammer

"I lost my Chinese cook this voyage," remarked Capt. John Anderson, of the British fourth masted bark Daylight, which recently completed a smart passage of ninety-eight days from Calcutta to New York. "Not that old Ching Lee was too overboard or had beri-beri, but when we got to Calcutta he said he just had to go home to see his wife, back Canton River way."

"Pretty nice sentiment, what? Ching was going 2,000 miles to see his wife. Anyway, he said he would rejoin the ship when we got up to Shanghai. That's something to look forward to."

"I have lost a Chinese cook under more strenuous circumstances, when you had to see him up in canvas and let him go over the side. I remember one voyage—we were bound from Bombay for Baltimore—when the ship was swept with an epidemic of beri-beri, and two-thirds of the hands, including the mate, were put out of commission."

"But the Chinese cook was the first one to go. One day I passed him out walking along the deck between the after cabin and the galley. He was limping, I noticed, and his feet were swollen. Legs full water, go die soon," he said.

"I ordered him into his bunk and began dosing him as well as I could. I had two medical books on board and

Marion Bridge, C.B., May 20, '02. I have handled MINARD'S LINIMENT during the past year. It is always the first liniment asked for here and unquestionably the best seller of all the different kinds of Liniment I handle.

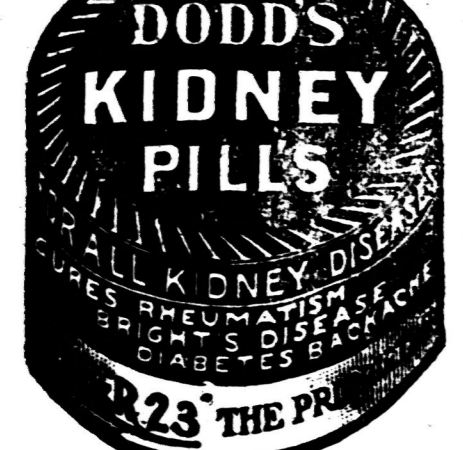
NEIL FERGUSON. read up on beri-beri. It was all very well to read up, but I found that the books contained almost opposite views as to the medicine to be given in the case of this peculiar disease. So the books were not much help, and the poor old cook died. He might have done better if he had taken any of the medicine I prescribed, but we found all that carefully hidden under the mattress of his bunk."

"The men fell ill rapidly after this. The mate toppled over on the poop one day as I was taking the sun. In a few days out of thirty-two men on board only five men were fit for duty. I had only five men in a watch on deck at one time unless we had to take in sail. The weather was good, too good, in fact, most of the time, but an angry in the Indian Ocean, which did not seem to help my sick men."

"Beri-beri seems to be a mysterious disease and to baffle the doctors. This was evidenced by the two contradictory medical books I had. Well, we buried three more men in the lonely Indian Ocean, and we let the mate go to the long swells off the Cape. I was almost determined to put in at the Cape for medical assistance, but we were far south, and I decided to keep on for my destination."

"It was trying work to navigate the ship and keep an eye on fifteen or twenty sick men, to say nothing of the working members of the crew, who began to kick, as sailors will, and call her a hoodoo ship and a death ship. I began to think there was a Jonah aboard. However, things got better in the Atlantic. The southeast trades were strong and we were only nineteen days to the line, without starting a rope-yeam."

"There seemed to be little I could



do for these poor chaps suffering in their bunks. I tried the cures suggested by one book and then those indicated by the other. Neither seemed to have any appreciable effect, and I began to doubt that the medicine knew what they were talking about."

"We lost only one more man in the Atlantic, making six dead altogether. But even with conditions getting better we were very short-handed and it was weary work. When we got up to Hatteras I could muster only eight fit men on deck at one time, and it was just our luck to butt into a nor'wester. With only a few hands I could handle the ship but poorly and we were blown off a hundred miles or so."

"It took us ten painful days to work her back, and when we got a towboat off Cape Henry we had been 153 days on the passage, the longest voyage this vessel ever made. On reaching Baltimore I sent twelve men to the hospital and felt somewhat like going there myself."

"Strangely enough, as soon as beri-beri victims get ashore they improve rapidly. My fellows in the hospital were soon ready to hobble out, but were kept at the hospital for some time so that specialists could make blood tests."

"I hope the scientists gained something from their experiments on the Daylight victims, but I have not heard as yet of any positive cure being found. At any rate I don't want another voyage with my crew down with beri-beri. That was about the most trying trip ever I had."—New York Sun.

# THE ONLY MEDICINE FOR LITTLE ONES

Mrs. H. Blanche, St. Pamphile, Que., writes: "I have obtained great results from the use of your Ova Tablets. They are the only medicine I know of that one can depend upon to promptly cure bowel and stomach troubles." The Tablets never fail to relieve the little one and besides the mother has the guarantee of a government analyst that they are absolutely safe. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

# List Fooled Them.

Wrapped in his dressing gown and with feet encased in slippers, Franz Liszt was sitting comfortably one evening in his armchair ready for work and inviting inspiration. On the floor above in the apartments of a banker a polsy musical soiree was in progress. Polonaises had succeeded waltzes and nocturnes had followed polonaises, when suddenly the door of the salon opened and Liszt entered still wrapped in his dressing gown. The astonishment of the company may be imagined. With slow steps Liszt walked toward the piano, and the young key pounder who was sitting at it quickly left his place. Liszt sat down at the instrument, carefully swept his fingers over the keys as if to prelude, and then suddenly he took down the cover and put the key in his pocket. And immediately, with the same tranquil air with which he had entered, he went out and returned to his room, where he could work at his ease.

# Arms of Washington.

The arms which Washington used are heretically described as follows: Argent (silver), two bars (red), in chief three mallets (sable) of the second, gules (red). The crest: A raven with wings addorsed, sable (black), issuing out of a ducal coronet, or (gold). Although these arms were used by Washington, the arms of the family in Yorkshire are materially different, bearing a lion, and being surmounted by a crest with an eagle, not a raven. The Yorkshire arms were the original arms, according to Albert Wells, whose "Pedigree and History of the Washington Family" gives with diffident detail the descent of the Father of his Country from Odin, first king of Scandinavia. Fifty-five generations were required to evolve George Washington from Odin.

LET a woman ease your suffering. I want you to write, and let me tell you the simple method of home treatment, and you ten days free trial, post-paid, and put you in touch with women in Canada who will gladly tell you what method has done for them.

If you are troubled with weak, tired, nervous, head-ache, back-ache, bearing-down, irregular menstruation, constipation, catarrhal conditions, pain in the sides, regular or irregular, bearing-down, displacement of internal organs, nervousness, desire to cry, indigestion, hot flashes, dark rings under the eyes, or a loss of rest at night, write to me to-day. Address: Mrs. M. Saunders, Box 8, Windsor, Ont.

# How the Horsely Bites.

When the horsely alights on a horse he walks around looking for a tender spot, and then he finds with his hairy feelers. Then he cuts a hole with the scissors on each side of his central tubular tongue.

An ordinary lead pencil cannot be sharpened to a point, but sharpening the lead. So it is with the tubular end of this tongue-like extension of the horsely, says the Popular Science Monthly. Nature has provided it with barbed piercing "derrick ropes." The fly inserts these sharp points into the horse and then pulls back on them. The barbs hold, and the fly's tongue is forced down into the horse's flesh. But if the hole has already been made then it is not necessary for these elaborate tools to be taken from the sheath in which they are placed within the tongue or proboscis. The blood is sucked up by the tongue in practically the same way as by other forms of flies.

"Our gunners got the range at last and dropped a shell right in among them," when I looked again they were gone! "For good?" "Well, Miss, they went in that direction!"—Passing Show.

# That's it! Clean and—Free from Dust

# "SATLADA"

Sealed Packets Only - Never in Bulk Black—Mixed—Natural Green E212

# Our Railway Men in War

Few people realize the vital importance which railways have come to play in the operations of the armies in Europe. In the early days of the war the Allies on all fronts were in their respect under a tremendous handicap as compared to the long-preparing and thoroughly prepared German Allies. Strategic railways radiated from all directions from Berlin into a great cobbler.

Now three narrow-gauge trains at the front transport in a hundred motor lorries. In addition in bad weather the lorries will knock a road to pieces, and frequently traffic becomes impossible. With the steel lorries repairs are readily effected, and weather conditions have comparatively small effect. Railways of all kinds, light railways and heavy railways have displaced horse transport, and have even entered into competition with the Front Area Horse Transport.

The ability of a modern army to fight is measured by materials with which it is supplied. This was made plain in a war of materials, and the transfer of that material is vital.

Training in building railways of the highest speed in Canada has naturally resulted in fitting Canadian pre-eminence for this work, and without undue egotism it is safe to say that the Railway Engineers and Corps from the great Dominion through their ability to lay railroads in great haste have placed an important part in achieving the great success of the Western Front this year.

The Canadian Railway Troops were organized and rapidly increased in number in November, 1914. The Canadian Railway Construction Corps is not included in the Canadian Railway Troops.

# SOISSONS.

Soissons, one of the many unfortunate cities of Northern France, around which the varying fortunes of the French and German armies have ebbed and flowed since the first days of the war, is again in the zone of bombardment. The National Geographic Society of Washington issued the following war geography bulletin on this city between which and Rheims the French have recently scored a notable victory, advancing along a front of nearly 25 miles:

"Although it remained untouched when the Germans made their first sweep through Northern France, advancing to the Marne, Soissons was sorely buffeted in the bombardment which accompanied the battle of the Aisne, and was further damaged during the week's Battle of Soissons at the end of which the French were forced to retire across the Aisne at a point to the east of the city, in January, 1915.

"Bombardments, sieges and pillagings are part and parcel of Soissons' history. Indeed, few cities in Europe possessing as little strategic significance as this place have suffered as greatly in war. In early Roman days the place was known as Noviodunum, chief town of the Suessones. Here the last of the Roman governors of Gaul, Syagrius, was defeated toward the close of the fifth century by Clovis, the Frank. And in this city, which witnessed his triumph over the foreign foe, Clovis was wedded to Clotilda, the great teacher, who so many romantic legends have been woven and who finally prevailed upon her husband to renounce paganism and embrace Christianity. Long before this notable event, however, Soissons had become an important place in the chronicles of the Christian faith, for it was here in 297 that the famous shoemaker noble, the brothers Crispin and Crispinian, suffered martyrdom.

"Among the many stories told of the trials and triumphs of these two apostles is one which relates that the Roman prefect Rictiovarus commanded that they be cast into a cauldron of boiling tar. The brothers emerged unscathed and refreshed from the bath, much after the manner of their Jewish forerunners, Shadrach, Meshech and Abednego, from the fiery furnace in Babylon Rictiovarus, upon witnessing this miracle, cast himself into the cauldron and was consumed. But the martyrs were subsequently beheaded and their remains rested for a time in the city of their execution.

"Across the Aisne from Soissons is the suburb of St. Medard, famous for its celebrated abbey, which was one of the wealthiest and most influential in all France during the Middle Ages. It was in this institution that the Roman Emperor Louis the Pius was held a prisoner by his two own sons in the ninth century, and here also Abeland, the great teacher, was confined for a time after the tragically denouement of the Heloise romance.

"Soissons was the rallying point for Napoleon's shattered army after the battle of Waterloo. During the war of 1870 the town capitulated to the Germans after a three days' bombardment. Only a few years ago a monu-

ment was erected in a public square of the city to the memory of those citizens whom the Teuton invaders shot. "At the time of the outbreak of the world war Soissons had a population of 15,000. Its chief industries were iron and copper foundries, boiler factories, and the manufacture of agricultural implements, straw hats and glass. Its grain market was important and it was famous for its haricot beans."

Shot the Fish. Instead of using nets or the conventional hook and line, the natives of Guiana shoot the fish with bow and arrows, says the Popular Science Monthly. The arrow used is designed especially for this purpose and is about five feet in length, with no feathers. The head, which is barbed, is made from sheet iron and is provided with a socket which is slipped over the head of the shaft and with a light, strong line about ten feet long.

# How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Selger's Curative Syrup, has no dope or other dangerous ingredients. It cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

# SOLDIERS ON THE MARCH.

Distances That Trained, Hardened Men Can Cover in a Day. The Army Drill Book tells that trained and hardened infantry can cover from twenty to twenty-five miles a day when in small bodies. As the size of the command increases the distance covered becomes less, as the rate is lowered and time is needed to get all the units into and out of camp.

With a regiment or less of average troops—regulars—marching over average roads, the rate should be from two and three-quarters to three miles an hour, while a division cannot be expected to accomplish more than two and a half miles a day.

Of course, all these figures will vary with different conditions or roads and weather. Untrained troops could not approach them until hardened. Though they might do better for a day or two, they could not keep up the steady pace of the seasoned regulars for a long distance.

Marching with full equipment is hard physical work, and like every other form of labor, requires a proper period of training. The seasoned force will keep up a steady pace, with ten minute halts every hour, a fifteen minute stop before the end of the first half or three-quarters of an hour. Green troops are apt to straggle badly.—Outing Magazine.

# Minard's Liniment Relieves Neuralgia

Holland and Flowers. It was only after the fall of Constantinople in 1453 that Holland became such a gay land of flowers as it now is. Many Dutchmen went to the east during the years of the great crusades and a host of them who loved beautiful things brought many home again with them. Not only did they carry away with them silks and embroideries, jewels, spices and fruits, but in the bottom of their ships they brought seeds. When these seeds were planted in the rich soil of Holland such beautiful flowers appeared as had never before been seen in that northern country. The people became wildly enthusiastic over the new colors and scents and foliage brought to them from the east, and in Holland there sprang up a great love for gardening.

# FIELD CASHIERS AND PAYMASTERS IN FRANCE

CASH DOMINION EXPRESS FOREIGN CHEQUES THE BEST WAY TO SEND MONEY TO THE BOYS IN THE TRENCHES

# Waking the Sleepers.

In a dairy kept in 1640 it is asserted that "Allen Bridges has been chosen to wake the sleepers in meeting, and, being much proud of his place, must needs have a fox tail fixed to the end of a long staff, wherewith he may brush the faces of them that have any in them of drowsiness." This energetic individual was likewise armed with a "sharpe thorne" for the benefit of those who "be most sounde." There is a record of the use of this implement upon Mr. Tompkins, who was sleeping comfortably in the corner of his pew when Allen "thrust the staff behind Dame Ballard to give him a grievous prick upon the hand, whereupon Mr. Tompkins did spring much above the floor and with terrible force did strike his head against the wall and also to the great wonder of all, "prophane"ly exclaim in a loud voice, "Buss the woodchuck!" he being, as it seemed, that a woodchuck had seized him and bit his hand."

# DRS. SOPER & WHITE

SPECIALISTS. Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases. Call or send liberty for free advice. Medicine furnished in tablet form. Free to all. 121 and 123 St. George Street, Toronto, Ont.

# DRS. SOPER & WHITE

London Cable—A Under Red Guards, according to the Commissioner, Mensky relief, commander of

# ISSUE NO. 48, 1917

SITUATIONS VACANT. YOU CAN MAKE \$25 TO \$75 weekly, writing show cards at home. Easily learned by our simple method. No canvassing or soliciting. We sell your work. Write for particulars. AMERICAN SHOW CARD SCHOOL, 801 Yonge Street, Toronto.

HELP WANTED. WANTED—PROBATIONERS TO Hospital, St. Catharines, Ont.

LADIES WANTED TO DO SEWING or spare time; good pay; work sent you; distance charges paid. Send status for particulars. National Manufacture Co., Montreal.

HONEY ORGERS. PAY YOUR OUT-OF-TOWN ACCOUNTS by Dominion Express Money Orders. Five dollars costs three cents.

FLORIDA LAND. FLORIDA ORANGE AND TRUCK LAND, 1500 acres, winter business, east coast town, very desirable. From owner direct. C. H. Stewart, Melbourne, Florida.

MISCELLANEOUS. FAMILIERS WANT BUREAU-KEEPERS. Public, church and society. It all it church easier, quicker, sanitary, you will be money ahead to put your other church out, as well as saving your church hard work. If no dealer in town, order from Reliable Church Co., 14 King Street East, Toronto.

FARMS FOR SALE. 150 ACRES PARTS OF LOTS 25 AND 1502, in third concession, township of Halton, County of Northumberland, 25 miles from Toronto, 5 miles from Cobourg; large brick house, 19 rooms; large barn and poultry house; 20 acres in fruit in cherries; two wells and cistern; also running water in pasture; rural mail delivery and telephone price \$2,500; immediate possession; owner overseas. Douglas Ponton, 19 King Street East, Toronto.

Abandon Food Prejudices. Don't be finicky. Be willing to try new foods. Certain plentiful and nourishing foods widely used and enjoyed in one section are practically unknown in other sections of the country. Learn to know all the good things, not a few only.

People too easily get into food ruts; insist on eating only the food they are used to and refuse to give a fair trial to others. This causes undue demand for certain staples, with resulting scarcity or high prices when crops are short. At the same time other valuable foods may be relatively cheap and available. A striking instance of this is failure fully to appreciate rice—a valuable source of starch when potatoes are scarce and high. Another example is refusal in certain sections to use anything but wheat as a bread stuff, when corn—a valuable cereal widely used elsewhere as a breadstuff—is plentiful and relatively cheap.—Los Angeles Times.

Minard's Liniment for sale everywhere.

Paste This On Your Mirror. If your boy goes to the front: He has twenty-nine chances of coming home to one chance of being killed. He has ninety-eight chances of becoming a cripple from a wound to two chances of dying.

He has only one chance in 500 of losing a limb. He will live five years longer because of physical training.

He is free from disease in the army from civil life. He has better medical care at the front than at home.

In other wars from ten to fifteen men died from disease to one from bullets. In this war one man dies from disease to every ten from bullets.

This war is less wasteful of life than any other in history.

Every boy in all of Canada is disabled for further service has been physically unable to engage in their former occupations.

If your boy is one of the 10 per cent. who the government will retrain him in another vocation at which he can earn a living.

Minard's Liniment Cures Burns, Etc.

# How Hard Rubber is Made.

We're all of us coming into contact with hard rubber every day of our lives. Our fountain pen, our inkwell tops, the magnet parts and telephone receivers are all made of hard rubber.

But how is it made? Where does it differ from the rubber in an automobile tire, for instance? Well, wags a guess that not one man in a thousand knows.

Vulcanization consists in uniting sulphur with rubber to give it certain properties of elasticity, durability, and still more important, make it retain these same properties under all normal conditions of heat and cold.

When a larger proportion of sulphur than is found in ordinary soft rubber is present, and vulcanization is continued for a much longer time, we obtain as a result a substance, easily different in physical properties, hard rubber. Before vulcanization it is quite elastic and we can mould it to suit our needs. Exchange.

Silliness—Yes, I am desperately in love with Gertrude Grotzky. The fact is, an beginning to think I carry this without her. Cynicus—Why don't you marry her and find out?

# DRS. SOPER & WHITE

SPECIALISTS. Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases. Call or send liberty for free advice. Medicine furnished in tablet form. Free to all. 121 and 123 St. George Street, Toronto, Ont.

London Cable—A Under Red Guards, according to the Commissioner, Mensky relief, commander of

# ITALIANS TEUTON

Terrific Struggle in the United States War On

Rome Cable—here in well-informed declaration of war States and Austria lately upon the Alps.

The Italian War—Yesterday there was activity on the west coast zone. The British monitors in the

"Our afternoon times made silent Pertica, northwest. He was repulsed and were losses. On Monte Monferrato, bombs were not rene-

"Our aircraft carried bombing operations in several duals, planes, a sa result, my machines were

ON THREE M Italian Army Northern Italy fighting which began the north continues

ence, centring on the divisions. Enemy mass artillery attacks, results, which have the heroic bravery troops. The battle wide range and gra-

ing on three main a question of gaining Monferrato and the resultant effect on the ally at stake.

The Austro-Ger which began three weeks, but it is a failed on the Piave. Asago plain. This my to attempt to one of the Italian front resort after the check-

ing of the front. The equal shifting of the first, a second, from the third, from the Breun-

ago plateau. The enemy's advance and the menace to well checked after

of a good part of the in the centre of the are and the Brenta, tacks since Sunday augmented, and it is the line that the con-

grave. The Italian position Diaz announced as northwest of Quera, Piave, and the front of Quera. It is along the mountains meet, the river valleys, the effort is now being in Monferrato and northern sector is the eastern front along the breach at the north-

enemy the rear of which, thus far, frontal attacks. Foc-

tentation is being an- toward the north, and the immediate result connection with its Piave line.

# ARMISTICE SEPARATE

Russia Will Fight If They D

"Red" Looters Bank Hea

Petrograd Cable— Government yesterday aral Dakhonin, the chief, to open negotia-

mistice with the ene- enemy armies. The pre- tiate peace was offer- the Ammunicions of- tions at Petrograd.

Petrograd Cable— fer of a committee to ents, when the Coun- Commissioners of the Workmen and Sold- proposes to make sep- separate peace. On the declared armistice is a separate peace that the rejection of proposal by Germany, be acceptable to the mean a continuation of new revolutionary arm-

against German imp- the German people, in- and democratic ideas their rulers and dem- TRIED PLAIN RO-

London Cable—A Under Red Guards, according to the Commissioner, Mensky relief, commander of