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City Luxury for Homes
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A useful Xmas gift for whole family. Shipped direct from the factory to you. Guaranteed as represented or money refunded. The Jewel is ready to stand in any vacant corner of your home. Comes complete. No plumbing or other expensive installation necessary. Water is heated by New Perfection Coal Oil Heaters. Bath folds up out of the way when not in use. Write for illustrated catalogue or send order direct.

Price Complete
$79.50
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The Jewel Manufacturing Co., Limited — Hamilton, Ont.

RULE FOR SLEEPING.

Most Everybody Should Be in Bed Eight Hours.

For a long time and in the majority of places in this country it has been the habit to stay up late at night, and in some places the early morning hours have not been given much attention. Of course, this refers principally to the larger towns and cities, and while there would of necessity be some people getting to work at seven o'clock, the average man or woman coming along at eight or even later would find things still in the cleaning-up and opening-up stage. Sunrise, on the mountains or at sea or in the rural districts, is an event worthy of attention and well rewards the early riser with its beauty and significance—but the early riser in the town or city has usually found everything untidy and must step over ash cans and dodge the sweepers and be satisfied with the sleepy grunts of workmen who are getting things into shape for the business of the day. It is anything but picturesque and most unattractive.

Whoever it was that discovered sleep decided that at least one-third of a person's life was properly spent in bed, and therefore, when the crowd stops up until midnight it is healthy and wise to remain under cover, or anyway on the pillows, until eight o'clock. The dancer or card-player (certainly we mean bridge and other perfectly proper games), lingering for the last one-step or the final hand, until one o'clock, should not be disturbed until nine. And so on, according to the accepted plan of health and happiness. But taking the other side of the argument—or rather reversing the programme, let the average person attire at 10 o'clock and rise at 6.

Probably a whole lot of people will grumble at the schedule suggested, and we don't pretend to say that it must be done. We haven't been appointed sleep director yet, nor given the right to wake people at a certain hour. A great deal has been done, however, in the last year that tends to a more reasonable sleep and waking scheme. Through the winter and early spring two nights each week were allowed limited lighting only. This was calculater to send the people home earlier than usual, and served to keep some folks at home after dinner or supper, according to the designation of the evening meal. A great amount of fuel was saved, according to report, and up to date no damage has been reported to business, society or individuals. Now that the clocks have been moved ahead and the summer days have many hours of sunshine, the lighting proposition doesn't affect the situation materially.

The stores are closing early and the tendency seems to be for an earlier retirement generally. In Miami they are trying out a curfew law—but it isn't a real curfew. It only refers to young folks under a certain age, and it won't amount to a great deal. The English understand that sauce should be provided of suitable strength for both the gander and the goose, and even have regard for the goslings, and in England the curfew law closes all places of amusement and all business enterprises at a certain reasonable time. Parents are expected to take care of their young daughters and sons and themselves. The theatres and concert halls, restaurants and dance halls and recreation enterprises generally plan their propagandies to begin early and end in time for their patrons to get home considerably before midnight. There is no penalty for rising early in London or elsewhere, and the population now very generally retiring about 10 o'clock, is likely 90 per cent. up at 6 a. m. A very large per cent. is certainly up at 5 o'clock and many at 4 and some earlier.

The eight hours mentioned is not a rigid rule of health or really beneficial to everybody. That it is enough for 90 per cent. of the population of this country is certain, and thousands and thousands can live beautifully, happily, and profitably with a smaller average of sleep. A few really need more than eight hours. Thomas A. Edison has been quoted as saying that four hours' sleep was sufficient for him. Possibly he said it, and possibly that is enough for some men at some period of their lives. The great big majority need more than four hours, and also can do very well with eight. It is then evident that by going to bed as early as 10 o'clock and rising at 6 the worker will have a whole lot of morning time—the best always for work or pleasure or both. Everything is suggesting a normal schedule, and at least one of the old saws may "come back," and prove its truth after generations have greeted only with laughter that "early to bed and early to rise" means health, wealth and knowledge. —Florida Times-Union.

SPANISH FLU

Claims Many Victims in Canada
and should be guarded against

Minard's Liniment

Is a Great Preventive, being one of the oldest remedies used. Millard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day for sale by all druggists and general dealers.

MINARD'S LINIMENT CO., Ltd.,
Yarmouth, N. S.

Minard's Liniment for sale everywhere

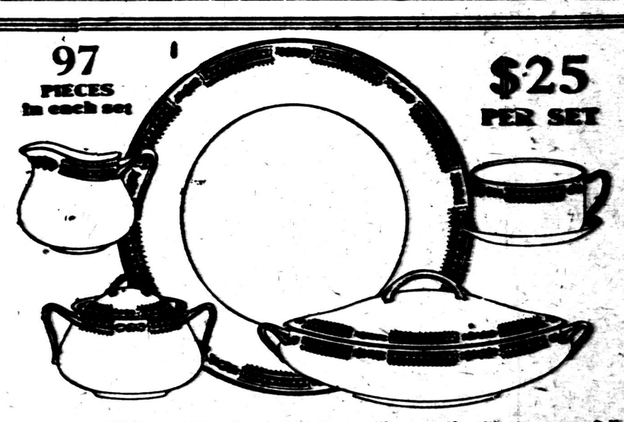
Worth Knowing.

If, when making pastry, you melt the butter or lard and beat it to a cream before mixing with the flour only about half the usual quantities will be required.

In cooking potatoes put a cloth over the saucepan before you place the lid on and they will cook in much less time and be very mealy.

The scales may be easily removed from a fish if you immerse it for a minute in boiling water. Pour the water over it very quickly and do not allow the fish to remain in it.

97 PIECES In each set



$25 PER SET

Send us $25 by registered mail and we will promptly ship to you a full set of 97 pieces of the well-known Johnson Bros.' finest English semi-porcelain tableware, a set of dishes that you will be proud of. Order any one of the following decorations:

1st.—"OXFORD."—(Plain pure white with gold bands).
2nd.—"EVESHAM"—(Blue conventional design on golden yellow bordered ground).
3rd.—"CARLTON"—(Blue conventional border band with gold rose band).
4th.—"KINGSLEY"—(Brown conventional design with pink flower band).

The illustration shows the "CARLTON" decoration design.

All of these designs are kept in open stock and individual pieces of the same patterns may be purchased at any future time. All orders packed by expert packers and we pay the freight to any station in Canada. Write at once and have dishes for Christmas Dinner. Address:

STANLEY BELLS & CO., Hamilton, Ont.

The Appetite of Youth Quickly Restored

Appetite is broken when digestion is good. Dr. Hamilton's Pills make tremendous appetite and keep digestion up to the mark as well. The liver, bowels and kidneys are stimulated, the stomach strengthened, and robust health quickly follows. Dr. Hamilton's Pills instill vigor and snap into the system, makes folks feel youthful and happy. You'll forget you have a stomach, forget your days of sickness if Dr. Hamilton's Pills are used. Insist on having Dr. Hamilton's Pills; 25c. per box; no other emulsion so good.

LEGAL JARGON.

Those who are accustomed to grumble at the length of legal documents would receive something of a shock were they to inspect some of the instruments which were commonly in use but a short time ago. In the "good old days," before the passing of the conveyancing act of 1881, deeds and settlement frequently covered half a dozen skins of parchment, and men were employed by law stationers for the special purpose of "engrossing" these lengthy documents on parchment. A few of these law writers still remain amongst us, and their writing on parchment is said to be most beautiful to look upon. But the conveyancing act practically put an end to their "profession" by greatly curtailing the length of legal documents.

Of the unwieldy prolixity of some of the old long-winded conveyances a law reformer of a humorous turn of mind gave the following amusing example: "If a man were to give another an orange, he would merely say, 'I give you this orange.' In the hands of a conveyancing lawyer and put into writing, it would be, 'I hereby give, grant and convey to you all and singular my estate and interest, right, title, claim and advantage of, and in, the said orange, together with all its rind, skin, juice, pulp and pips, and all right to bite, cut, suck and otherwise eat the same, or give the same away, as fully and effectually as I, the said A. B., am now entitled to bite, cut, suck or otherwise eat the same without its rind, skin, juice, pulp and pips, anything hereinbefore or hereinafter, or in any other deed or deeds, instrument or instruments, of whatever nature, or kind soever, to the contrary in anywise notwithstanding.'"—Tit-Bits.

Minard's Liniment Cures Dandruff.

STUDY YOUR FURNACE

There is nothing mysterious about the modern heating plant. It is simply a fire enclosed so that the heat can be conducted to different parts of the building as wanted. The heat can be conducted because both hot air and hot water will rise if given the opportunity. Neither can travel downwards unless pressure is used, so that the necessity of a continuous upward flow is fundamental.

If you are not getting the proper heat, do not blame the coal, the furnace nor the fireman until you have actually determined which is at fault. It is natural to assume that most heaters are installed large enough for their work, provided they are properly fired. With the average heater the trouble is usually local.

The first essential is cleanliness. To get the most heat from the least amount of coal, the heater must be clean. One one-hundredth inch of soot has the same power to resist as ten inches of iron.

The presence of dirt or ashes impedes the draft and interferes with the radiation of heat from the radiating surfaces of the heater. There are in warm air furnaces the firepot, ash drum, in hot water boilers the sections through which the water circulates, in either to take up the heat from the fire.

Above the feeding door for the coal are dampers, some in the form of the bottom of boilers. These dampers should always be open when the door is open, and when the door is closed, the damper should be open. Behind the chimney, furnace and pipes, see that they are in good repair and clean; that fire, ashpit and cleanout doors are tight when closed; that smoke-pipe fits tight to furnace, and is not inserted too far into the chimney. Stop air-holes into the furnace or fire-box. Trivial cracks may be cemented.

All heat pipes in the cellar should be thoroughly and completely wrapped with asbestos or other non-conducting material to prevent loss of heat. Your hot water or steam boiler should have a good covering of asbestos plaster or mineral wool.

There is not much use in trying to heat a building when, through ill-fitting windows or doors, a great part of the heat escapes or an undue proportion of cold enters. Storm doors and windows, weather strips and such preventative devices will lessen the amount of coal consumed. The place most likely to be neglected in this respect is the basement. A cold basement means a cold house, and seriously interferes with the heating apparatus. Cellar windows should be thoroughly gone over, and all unnecessary openings stopped.

Minard's Liniment Cures Burns, Etc.

Time for Bud to Go.

A couple of friends came to call, bringing with them a neighbor's pet collie, who made great friends with Elizabeth, our little daughter. All went well till eight o'clock, when Elizabeth, greatly worried, exclaimed: "I think you had better take Bud home now; his parents will be getting worried over his being out so late."

WANTED COOK AND HOUSEMAID

Modern home and equipment, minimum wages, thirty and twenty-five per month respectively, references required. Address Mrs. F. A. Magee, 45 Markland street, Hamilton, Ont.

THE STRAIN ON OUR EYES.

Modern Conditions, Not Poorer Vision, Necessitate Glasses.

The question, "Are our eyes weaker" is frequently asked by people who observe closely and who are dismayed by the remarkably large number of people who wear glasses to-day as compared with a generation or so ago. Our eyes are not degenerating. The eyes of the present generation are in no wise poorer, weaker or inferior to those of our ancestors, notwithstanding the fact that a far greater percentage wear glasses than formerly.

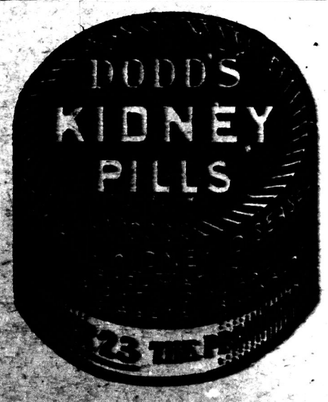
The probabilities are that the eyes of the human race are neither weaker nor stronger to-day than were those of our forefathers, unless it can be proved that the whole physique of the race to-day is weaker or stronger. As is the whole physical body, so are the eyes.

But much more is required of our eyes now than was ever required of our ancestors. The strenuous struggle for existence to-day, the ever increasing complexity of our modern civilized life, the multiplying knowledge of the world in all lines of human endeavor, knowledge that must be mastered if we would rise and achive success, put far greater strain on the eyes of this generation than on those that have gone before.

Our schools are far more exacting and severe, the business and scientific world require closer application and more painstaking care than ever before. Electricity has turned night into day, and much more work is now done by artificial illumination than in the past. Sharp competition in every line makes it necessary to have the best vision obtainable.

Because of these exacting demands on our eyes, latent, imperfections, errors of refractions, causing eye strain, are brought out and made manifest by symptoms of discomfort and distress, compelling us to seek the improvement of vision and the comfort afforded by properly fitting lenses.—Journal of the American Medical Association.

The manly part is to do with might and main what you can do.—Emerson.



NATURE'S LIGHTS.

Mystery of Glow-worm, Australian Poppy, and Others.

The lightning bug's mystery of light without heat is now alleged to be partly solved. A member of that earnest-headed colony of scientists at Woods Hole, Mass., has recently declared that the bug does its interior and exterior illumination by eating certain substances which supply it with phosporous.

It is to be hoped that this is true so we may quit worrying about why the lightning bug is lit up.

Although the lightning bug is our most popular and common pryotechnic insect there are many other insects and many forms of vegetable life which share in light-giving power of higher and low degree. Under certain conditions nasturtiums, dahlias, tube-roses and yellow lilies may be seen to glow with a bright radiance, varying in color and intensity. Only those flowers that have an abundance of yellow or orange shades exhibit this phosphoresence. The best time to see the light is after dark, when the atmosphere is clear and dry. The light is sometimes steady, but often intermittent and flashing.

Often, in the early fall, the ground will be illuminated by the glow from the dead leaves. The Australian poppy is the most remarkable of all the luminous pants for it has been found to send out a light of its own of quite notable brilliancy.

Mushrooms of decayed wood often have a degree of brilliancy that, when they are placed on a newspaper, will enable one to read the words in their vicinity with no other light. One species of mushroom in Australia, sixteen inches in diameter, was of such brilliancy that, when seen from a distance, its light frightened the natives.—Chicago "Tribune."

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.
All Druggists, 75c.
Hall's Family Pills for constipation.

WEIRD FIGHTING.

African Tribes Entrench Themselves in Bowels of the Earth.

English soldiers tell stories of weird underground fighting against the Baggara, or cattle-owning tribes of the Soudan, the remnants of those fierce warriors who formed the main fighting strength of the Dervishes. These savage tribesmen hide themselves when pursued, with their cattle and other belongings, in great burrowings that are described as "vast rabbit warrens."

At southern Kordofan is the country of the Nubas, remnants of the original negro inhabitants of the country, who have been driven into the isolated rocky hills, rising 2,000 or 3,000 feet above the swamps and forests.

In these mountain fastnesses honeycombed with caves, this strange race builds its villages, grows its corn and tends its herds of sheep, cattle and goats. Generally speaking, they are peaceable enough, but some of the clans have an evil reputation of raiding the neighboring Arabs, murdering isolated parties that may happen to stray too near, or carrying off their women. The tribesmen invariably retire, with the greater part of their personal property and live stock, to the bowels of the earth, whence they maintain a hot fire on any troops who may happen to come within range of their Sniders or Remingtons.

The unsatisfactory nature of this fighting may be understood if the reader can imagine himself walking over a vast rabbit warren composed of enormous bowlders piled to a height of 1,000 feet or 2,000 feet and covering several miles in area, with an invisible enemy beneath him whose whereabouts it is impossible to ascertain.

Officers naturally hesitated to engage in underground warfare in labyrinths where whole battalions might be swallowed up, and where all the advantage lay with the enemy. Latterly, however, the problem has been tackled in a systematic manner by the camel corps and in recent expeditions extensive cave-clearing operations have been carried out.

Parties proceded by torch-bearers have explored these recesses with great success, and though some loss has been sustained, the Nubas now know that their immunity is gone, and that the arm of the government is able to reach them.

HOW'S THIS FOR CORNS? LIFTS 'EM OUT QUICK

You can peel your corns off, lift them out by the roots, do it without pain and quickly, too, if you first apply a few drops of Putnam's Corn Extractor. Putnam's shrivels up the corn, makes it look like dead skin, uproots it completely. The beauty about Putnam's Extractor is this—it acts without pain—does its work quickly and costs but a quarter in any drug store in the land. Get it to-day.

The Beer of Borneo.

Beer as made by the natives of Sarawark, in the northwestern region of Borneo, varies in its ingredients according to the different tribes who make it, the most intoxicating being that made by the Bisaiyahs of Limbank. These people make their beer by boiling rice, adding yeast, crushed wild chili, and a large lump of wood ash. This is all put into a jar till the jar is two-thirds full, and covered over with leaves which are held down with bamboo supports; water is poured on till the jar is full, and the beer is then ready for drinking. The drinking is performed by pushing bamboo tubes down to the bottom of the jar and then sucking up the liquid. So that no one shall have more than his fair proportion at a time, a system of floats is arranged whereby the amount of drink consumed by each man is registered.

Labor is high, and the laborer is worthy of his higher.

ISSUE NO. 51, 1918

HELP WANTED—MALE

MEN WANTED — TEAMSTERS, heading mill men, and men to work in the bush. Apply to the Wallaceburg Cooperage Co., Limited, Wallaceburg, Ont.

HELP WANTED—FEMALE

MAID FOR GENERAL HOUSEWORK, small family. Apply to Mrs. Davis, 384 Hess Street, South, Hamilton.

MISCELLANEOUS.

SEND A DOMNIION EXPRESS money order. They are payable everywhere.

FOR SALE—BEAGLE AND FOX hounds, cross, eleven months, males twelve, females ten. Wood, Woodlawn, Islington, Ont.

FOR SALE.

FOR SALE—BUSH LOT 8½—LOT 3 concession 10, Tecumseh; 100 acres near Beeton. Apply John McCoy, 46 King Street East, Hamilton.

GALLOWAYS—COWS WITH CALVES at foot; also young stock for sale. D. McCrae, Guelph, Ont.

FARMS FOR SALE.

TOWNSHIP OF MARKHAM—CLOSE to Elgin Mills postoffice; one mile from Metropolitan car line; containing 100 acres; good buildings and barns; price $12,000.00; must be sold to close an estate; terms arranged.

COUNTY OF NORFOLK—CLOSE TO town of Waterford; we offer to close an estate, three farms, two of 100 acres each and one of 600 acres; fair buildings and houses; price $50.00 per acre; terms arranged; immediate possession can be given.

UNION TRUST COMPANY, LIMITED, Richmond and Bay streets, Toronto.

FOR SALE OR TO RENT.

STORE AND DWELLING FOR SALE or rent; best business corner in Mount Forest, where successful business has been done for thirty-six years. W. J. Gilroy, Mount Forest, Ont.

STORM WINDOWS FOR SALE.

GET OUR PRICE LIST SHOWING cost of windows glazed complete. Any size. Halliday Company, Box 61 A, Hamilton.

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

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of failing or misplacement 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 to-day. Address:

A MESSAGE TO WOMEN!!

Mrs. M. Summers, Box 8 Windsor, Ont.

ODD TREASURE-TROVES.

Strange Finds of Gold and Gems in Unlikely Places.

There may be seen at a museum in Ottawa precious stones and nuggets of gold in the crops of Alaskan birds. It appears that some birds, especially the migrants, pick up occasionally on their travels valuables of many kinds. Ducks and geese particularly are prone to gather gold nuggets and carry them down out of the North to spread before the hunters. The surface gold-bearing sands the world over are constantly yielding a small toll to birds.

It is said that long before gold was found in Alaska the Pacific coast gunners knew that there was placer gold in the North, since every year geese and ducks were shot in whose crops were found nuggets of gold. Then, too, even the domestic birds in California to this day reveal the presence of gold in their scratching beds, as witness the case of the geese on the farm near Santa Barbara. A number of small nuggets were found in the crops of slaughtered birds and investigation revealed the fact that there was a little gold in the yard where the birds had been kept.

Occasionally there is a gem found in the crop of a wild bird. Thus the wild geese that fed on the mussels of the Mississippi and other pearl streams ate pearls with their mussels, but the hunters never found a valuable pearl in their crops. The slugs (baroques) were comon enough to become the gossip of hunters in the Mississippi basin.

It is said that an oyster tonger working in the Choptank River, above Cambridge, Md., brought up a bit of oyster rock that contained a curious find. The nucleus of the rock was a round chunk of calcium precipitate. When the oysters were shucked off and the chunk broken there was found there in a Spanish "piece of eight." The tonger never succeeded, however, in locating the "treasure" which he immediately suspected lay in those waters.

In Florida waters a large crab was caught by a fisherman. The crab seized what it could of the sea bottom, and thus brought to the surface a corroded coin which proved to be a Spanish doubloom of the mintage of 1698. Search revealed wreckage on the bottom, but no treasure was even found.—Washington "Star."

Minard's Liniment Relieves Neuralgia

Chariots in Ancient Warfare.

The Egyptian and Roman chariots served not only to bring the soldiers to a desired point and to overwhelm advancing masses of infantry, but also as a bulwark, a sort of improvised fortress behind which marksmen sheltered themselves in the thick of the fight. The curved front of the carriage body served as a shield even though it was at least nineteen centuries behind its modern counsin, the iron-plated, self-propelled motor tank.

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

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