

Coughs, Colds, Bronchitis

If there is an ailment in the throat or chest, it is surely essential that the remedy be converted direct to the affected part. It is because the healing vapor of Catarrhazone is breathed into the sore, irritated throat and bronchial tubes that its balsamic fumes kill the germs and destroy the cause of the trouble. These are the reasons why Catarrhazone never yet failed to cure a genuine case of Croup, Asthma, Bronchitis or Throat Trouble.

The wonderfully-soothing vapor of Catarrhazone instantly reaches the furthest recesses of the lungs, produces a healing curative effect that is impossible with a tablet or liquid, which goes merely to the stomach and finds entirely to help the throat or lungs.

Catarrhazone

Just Breathe It

To permanently cure your winter flu coughs sneezing and Catarrh, by all means use a tried and proven remedy like Catarrhazone. But beware of the substitutor. Large outfits last two months, costs \$1.00, small size 50c, trial size 25c, at dealers everywhere.

RULERS OF BELGIUM

(Home Chat.)

Quite a sensation was caused when the morning papers announced the other day that the King and Queen of the Belgians had flown over to England to pay their respects to King George and Queen Mary on the occasion of their silver wedding.

Naturally, it was all kept a deadly secret beforehand, and even the army men who brought the royal couple across were only told just before the flight who their passengers would be.

Queen Elizabeth, who is an ardent amateur photographer, had her camera with her, and took many photographs from the seaplane, and wrote many questions on a slate to her pilot.

She told him she wished to fly over the Boulogne steamer and wave her hand to some friends of hers on board. Unfortunately, the boat was not to be seen.

Queen Elizabeth will always stand out as one of the bravest and most heroic women of the great war.

"The Little Queen," as the Belgians call her, has scarcely left her husband for a day since their retreat from Brussels. While he is leading his men in battle, she is busy tending the sick and wounded, caring for the poor, and cheering the widows and orphans.

Even when the Queen came over to England with her children it was only on the understanding that King Albert would write for her if there was "anything happening" in Belgium.

She has scarcely landed when the wire came, and as soon as the royal children were in safe hands she returned at once to Belgium and her husband.

Agath and again Queen Elizabeth has visited the trenches, and in all the hospitals behind the Belgian line she is a well-known and much-loved figure.

The patients all adore her. She has the habit of asking each one of them if there is anything at all she can do for them, and then she writes down their requirements in a little book.

If there is anything which a soldier particularly wants or has a longing for, that is obtainable, it is nearly always sent to him at once, as a present from the Queen.

Many times the hospitals under Queen Elizabeth's direction have been subjected to bombardment from the air. Some time ago in one week a hundred people were killed, but her majesty absolutely refused to leave her post of danger.

Queen Elizabeth has been seen in the trenches with her husband, and takes "snaps" of the men, and the men copies of the photos, and the height.

On one occasion her husband was the "first line" when a trench was plotted not far off. Queen Elizabeth was to where the best would be. Queen took out her camera and "snapped" the columns of smoke sent up by the exploding mortar.

Undoubtedly the most popular man in the Belgian army is King Albert, hero and King of the near neighborly little Belgium.

Before the war he was a popular figure of over half a million, and was a popular King of literary circles, and a devoted husband.

Now everybody knows that King Albert is also an engineer, and understands the construction of ships and steamboats and aeroplanes.

He has driven railway trains, and wishing to enter more entirely into the lives of his people, has even worked in the mines. His majesty is also a skilled chauffeur.

The King and Queen of the Belgians both speak perfect English.

Would you like a pen picture of the King and Queen's temporary "palace" at La Panne? This is the Hon. Lady Byng's description of it in the National Review, after she visited their majesties:

"Three of the most hideous jerry-built villas it was possible to construct—with the sea, the trenches and mine entanglements to the door on one side, and on the other the sea."

Such is the "palace" King Albert and Queen Elizabeth have lived in for the past three years.

By a strange coincidence this little corner of Belgium, almost on the edge of the country, but still valiantly holding out against the German hordes, in the very place where Leopold I. was proclaimed King of the Belgians, was proclaimed King of the Belgians.

"It is a pity," King Albert once remarked, "the place has such a dilly name, for it will be very historic in days to come."

At this same jerry-built "palace," in 1915, Gen. Foch, then commanding the French army in the north, hatched with their Belgian majesties.

So interested were the royal hosts in the general's conversation that they very nearly forgot the object for which they had been conferred on him.

The general had already taken leave, and was seated in his car, when King Albert ran out of the villa, jumped on the step of the car and hurriedly

handed over the precious coat, with apologies for his absence of mind.

The little Princess Marie Jose is said to have very strong views on the Kaiser and all Germans.

"I detest Brussels now," she once said. "It will be necessary to have it disinfected before I return to it."

Princess Marie Jose is the only daughter of the King and Queen of the Belgians. She was twelve years old on Aug. 4, and is at present at a school of art at Poggio Imperiale, just outside Florence.

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Then, all at once, the hour will come when France will stand up in her might. Oh, she will be formidable then! With one bound, you will see her seize Lorraine back again, seize Alsace back again!

But will that be all? No! She will seize—I tell you to hear me—Trevos, Mayence, Cologne, Coblenz, (Interruptions, "No! No!" and shouts of "Go on!")

M. Victor Hugo—France will seize Trevos, Mayence, Cologne, Coblenz, and all the left bank of the Rhine!

Minard's Liniment Cures Dandruff.

Worth Knowing.

A variation in the sandwich box may be produced by mixing olives with a shaker or two, mixing them with mayonnaise and spreading them on thin slices of buttered bread. The stuffed olives are especially good for this purpose.

A washing fluid which is easy to make and inexpensive is made from a pound of sal soda dissolved in a gallon of water, and about a teacupful of the resulting fluid is used to a boiler of clothes.

Rust may be removed from nickel plating by covering the spots with mutton tallow and letting it stand for several days. If this treatment is followed by a rubbing with powdered rottenstone and then a thorough washing with strong ammonia, succeeded by clear water and a final polishing with dry whiting, stubborn scales will yield.

For poor man's pudding with raisins allow two tablespoonfuls of rice to one of sugar, one scant tablespoonful of butter and half a cupful of seeded raisins. Mix all the ingredients together, grate a little nutmeg over the top and pour into an earthen pudding dish. Cook in a moderate oven very slowly until the mixture takes the consistency of thick cream, stirring up from the bottom every 10 or 15 minutes. When the proper thickness is obtained, brown the surface quickly and stand it aside to become cold.

His Narrow Escape.

"Say," said a citizen, entering the police station, "I ain't an alien enemy but I don't want any trouble. A little girl just asked me how many stars were in the American flag, and I didn't know. The grocer didn't know, and two other men didn't know. I don't want to be one of those things they call a pro."

"Oh, I guess you are all right," said the sergeant, in a fatherly way.

"By George," said the sergeant to himself, "the citizen departed, I've had a narrow escape! Suppose he had asked me how many stars there are?"

Are Your Bowels Stagnant? Have You Indigestion?

When a Quarter Will Buy You Guaranteed Remedy, Why Not Use It To-day?

Many a person carries around in their system a cesspool composed of half-digested, putrid, decaying food that the overloaded stomach can't get rid of because of constipation. No wonder that anaemia, blood rashes, headaches and rheumatism are so common. No better cure is known than DR. HAMILTON'S PILLS OF MANDRAKE AND BUTTERNUT.

Taken at night, you're well next morning. They flush out the system, sweeten and tone the stomach, improve digestion, filter and purify the blood, restore lost complexion, give vim, buoyancy and robust good health to young and old. To look, feel and act as well as your best, use DR. HAMILTON'S PILLS regularly, 25c per box.

The Uses of Sphagnum Moss

(Experimental Farms Note.)

These plants (for there are many species of Sphagnum) grow best in a climate that is moist and only moderately warm in summer. They are one of the chief forms of vegetation to be found growing in the swampy region known as "Muskegs." Sphagnum bogs occur principally in Newfoundland, the Maritime Provinces, Northeastern Quebec, Labrador and the western parts of British Columbia.

The Sphagnum plant consists of a stem and branches which are clothed with small, numerous, overlapping leaves. They differ from most other mosses in being entirely devoid of rootlets. Another peculiarity of the Sphagnum is that the leaf never has a central vein or midrib. The outer part of the stem as well as a considerable part of the leaf is composed of a large number of special "absorbent cells" which are able to take up and hold water like a sponge.

The amount of water absorbed varies according to the species, but ranges from ten to twenty times the weight of the dry Sphagnum. Owing to the ability of these cells to absorb the water required by the plant for its development the presence of rootlets is unnecessary. Sphagnum usually grows in a situation where the soil underneath is permanently damp.

Sphagnum or Bog Moss has been used for a considerable period as a packing material for plants. Owing to its power of retaining moisture, it helps to keep rooted-plants in a fresh condition until they arrive at their destination. It is also extremely useful when dried as bedding material for horses.

But it is owing to its use since the beginning of the war in the form

ISSUE NO. 52, 1918

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

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

MISCELLANEOUS
BUY YOUR OUTFIT FROM SUPPLIERS MONEY ORDERS. Five dollars costs three cents.

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

FOR SALE
FOR SALE—BUSH LOT 34, LOT 3, concession. Small family. Apply to Mrs. Davis, 384 Hess Street, South, 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 of good land; price \$12,000.00; must be sold to close an estate; terms arranged.

COUNTY OF NORFOLK—CLOSE to County of Waterloo; we offer to close an estate, three farms, two of 100 acres each and one of 400 acres; fair buildings and houses; price \$20.00 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; 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. Hamilton Company, Box 3, A. Hamilton.

of absorbent pads for dressing wounds that Sphagnum has recently gained an importance hitherto unknown. Cotton is so largely in demand for the manufacture of explosives that some substitute had to be found and in any case cotton wool has five times its own weight of the species of Sphagnum found growing in this continent. Four are used for this purpose. When collecting the moss great care should be taken to have it free from any admixture of leaves, twigs or roots of other plants which may be growing in the immediate vicinity. Each handful should be squeezed gently to remove excessive moisture, but care should be taken not to break the main stem. The moss should be spread in thin layers to dry; before the drying process is complete it should be gone over carefully and sorted, after which the dried moss may be packed into bags or light boxes for despatch to the depot where it is required. The final making up into pads of the sizes required should be left to the department of the War.

At the present time Scotland is turning out these pads at the rate of four millions per month, while Canada during the year 1918 was asked to supply twenty millions of such pads.

SOME CHANGE!
In Prices of Feed Twenty Years Ago and Now.

We recently had occasion to look back in Volume 8 of the Advanced Register, which covered the period of about 1897, or just over twenty years ago. In this volume we find reference to Food Tests or Tests for Economic Production. In the regulations for this Economic Test we find the following schedule of prices for feed as specified at that time by the Executive Committee of the Association. The prices fixed upon for use in computing these Economic Tests were as follows with the Nov. 1918 prices of several feeds listed also for comparison:

	Price Per Ton.	Nov. 1918.
Ensilage	\$ 2 00	
Bran	10 00	44 00
Linseed Oil Meal	18 00	60 00
Pea Meal	15 00	
Alfalfa (Green)	4 00	
Ground Rye	12 00	
Middlings	12 00	44 00
Hay	8 00	
Cotton Seed Meal	20 00	64 00
Corn Meal	12 00	64 00
Ground Barley	13 00	54 00
Gluten Meal	12 00	60 00
Ground Oats	13 00	62 00
Hominy Meal	11 00	70 00
Roots (except Carrots)	2 50	
Corn Stalk Fodder	4 00	
Fresh Cut Silage	5 50	
Carrots	4 00	

—Holston's Fleas World.

"Well," exclaimed Noah as they landed on Ararat, "this trip has been indeed been a success." "In what way?" "We have conducted the entire excursion without a fight or an accident."—Washington Star.

DRS. SOPER & WHITE
SPECIALISTS
Piles, Eczema, Asthma, Catarrh, Gleet, Gonorrhoea, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.
Call or send history for free advice. Medicines have no taste. Hours—10 am to 10 pm, and 2 to 6 p.m. Sundays—10 a.m. to 1 p.m.
Consultation Free
DRS. SOPER & WHITE
21 Toronto St., Toronto, Ont.
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