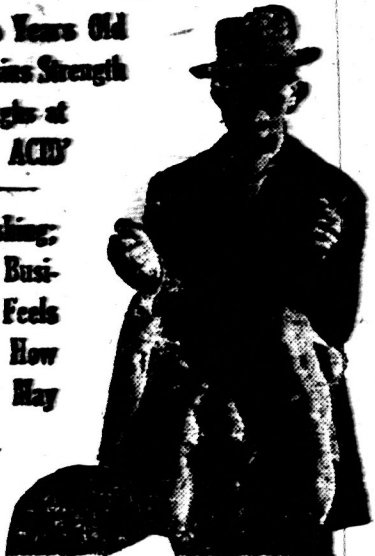


Funk Cure for Rheumatism After Suffering Fifty Years!

How to Keep Old
Regain Strength
and Energy at
"URIC ACID"

Go Fishing,
Back to Busi-
ness, Feel
Fine! Now
Others Say
"Do It!"



"I am eighty-three years old and I do not suffer from rheumatism ever since I came out of the army, over fifty years ago. Like many others, I spent money freely for so-called 'cures,' and I have read about 'Uric Acid' until I could almost taste it. I could not sleep nights or walk without pain; my hands were so sore and stiff, I could not hold a pen, but now I am again in active business and can work with ease or write all day with comfort. Friends are surprised at the change."

HOW IT HAPPENED.

Mr. Ashtelman is only one of thousands who suffered for years, owing to the general belief in the old, false theory that "Uric Acid" causes rheumatism. This erroneous belief induced him and legions of unfortunate men and women to take wrong treatments. You might just as well attempt to put out a fire with oil as to try and get rid of your rheumatism, neuritis and liver trouble, by taking treatment supposed to drive Uric Acid out of your blood and body. Many physicians and scientists now know that Uric Acid never did, never can and never will cause rheumatism; that it is a natural and necessary constituent of the blood, that it is found in every new-born babe, and that without it we could not live!

HOW OTHERS MAY BENEFIT FROM A GENEROUS GIFT.

These statements may seem strange to some folks, because nearly all sufferers have all along been led to believe in the old "Uric Acid" humbug. It took Mr. Ashtelman fifty years to find out this truth. He learned how to get rid of the true cause of his rheumatism, other disorders and recover his strength from "The Inner Mysteries," a remarkable book that is now being distributed free by an authority who devoted over twenty years to the scientific study of this trouble. If any reader of this paper wishes a copy of this book that reveals startling facts overlooked by doctors and scientists for centuries past, simply send a postcard to the author, Dr. H. H. Water, 556-A Street, Hallowell, Maine, and it will be sent by return mail without any charge whatever. Send now! You may never get this opportunity again. If not a sufferer yourself, hand this good news to some afflicted friend.

Brevities of Science.

Diamonds have been found in fallen meteors.

The telephone operator in Egypt is required to speak five languages, English, French, Italian, Greek and Arabic.

The census of China is taken every 10 years without any great expense to the Government. The oldest heads of families are compelled to make a report of all their living descendants.

Kettles of popovers carried by the Japanese soldiers. When hot water is wanted the kettle is filled and the outside doused with water when it is hung over the fire and in 10 minutes the water is boiling.

At last count Hungary had 200,000 gypsies and they are all thieves or otherwise criminal.

Land now above sea level, 25,000,000 square miles, if uniformly spread over the globe would make a crust 600 feet thick.

The newest type of tank assigned for use in warfare is steam driven and weighs 45 tons. It is of American design and manufacture. Greenland has 327,000 square miles of land.

Minard's Liniment Cures Dandruff.

Temperature and Moisture

Ontario Fuel Administration for working and living rooms, 64 degrees F. (Sixty-four is the "optimum" temperature or the degree of heat at which science agrees man is at his best.)

Temperature recommended for sleeping-rooms, 50 degrees F.

Nature has provided the people of the earth with a great blanket in the form of moisture; take the blanket away, or thin it out, and we get cold. Moisture is extremely necessary to life. In our homes in winter we get an excessive amount of heat and an insufficient amount of moisture, which not only makes the air oppressive and uncomfortable, but accounts for a large percentage of the catarrhal and other diseases of the nose and throat. Dry air at 70 or 72 F. may feel cooler than moist air at 60 degrees.

In the summer, when the heat appears oppressive, one hears the phrase on every side, "It's not so much

the heat as the humidity." Heat, per se, would be more noticeable at 70 in Toronto, where the lake humidifies the air, than in drier places at 80, or more. Apply this to your home this winter, and you have gone a long distance towards solving the coal conservation problem.

If the atmosphere in a room is dry, the heat from stove, radiator or radiator strikes through the room readily, and, without being absorbed, rises quickly to the ceiling; if the air is moist, the heat is absorbed and the general temperature is perceptibly raised.

Moist air retains the heat much longer than dry air, hence the amount of coal needed to keep such air sufficiently warm is less than when the air is dry.

In dry air, the evaporation from the skin, throat and lungs is increased; illustration of this is the fact that woodwork and furniture usually swell when exposed to the natural atmosphere, while they shrink and crack in heated rooms in winter.

Evaporation causes loss of heat, and you say you are cool or cold. Instantly you want more heat, so you build a bigger fire. You might get precisely the same result if you should give the air a drink out of a pan instead of off your skin. There are 10 per cent. more deaths at a given temperature if the relative humidity is below 40 than if it is above 70 P. C.

Moisture adds the glowy warmth, the cheery touch of comfort to the home, saves coal, improves health and increases our power of resistance.

The question is, how to get the required humidity. Here are some simple rules recommended by the Fuel Administration:

When a house is heated by a stove, a pan containing water or a boiling kettle should always be on top of a stove.

When a house is heated by a warm-air furnace, the water retainer in the hot-air jacket should always be filled with clean water. It is also advisable to keep a pan of water near the registers, particularly those giving out the most heat.

When the house is heated with hot water or steam, pans or humidifiers should be on every radiator.

The evaporation of water may be one quart per room per day. Change water frequently.

The whole thing is a result of the exercise of common sense applied to house heating, and the plan suggested makes water warm you instead of burning an excessive amount of coal to do it. You get the same effect by humidifying the air as by forcing the furnace in many cases.

As much attention should be paid to humidity of rooms as to temperature readings, if not more. A hygrometer, as well as a reliable thermometer, is recommended for the home.

Wonderful Bilious Remedy Actually Prevents Attacks

There are two great causes of biliousness—they are constipation and defective liver action.

When Dr. Hamilton's Pills are taken, they not only correct constipated bowels, but act upon the liver as well.

Quite unlike ordinary medicines which purge and give temporary relief, Dr. Hamilton's Pills remove the conditions, which cause biliousness, and thus permanent cures are effected. No person who occasionally uses Dr. Hamilton's Pills will ever suffer from the headache, bad stomach or bilious complaint. Get a box today.

A Story of Mendelssohn.

In a house on Denmark Hill, four miles from London Bridge, Mendelssohn wrote his "Spring Song" on a summer afternoon in 1842. It was not published until two years later, as a simple allegretto grando in A major, in the fifth book of Lieder John Words, which Mendelssohn sold to Novello for \$75. How it came to be known as the "Spring Song" has remained a mystery. During this time Mendelssohn wrote eight little piano-forte pieces for the children of the Denmark Hill House, by whom he was nicknamed "Peter Meffert." These works were published as "Christmas Pieces," with the dedication, "To my young friends as a Christmas present." This does not prevent them having been composed in the month of June, the first, signed "Peter Meffert" on Midsummer Day!—Christian Science Monitor.

Ideals That Uplift.

We cannot reverse anything lofty without ourselves becoming exalted; we cannot reverse anything holy without ourselves becoming purer. The character of our home determines our characters.—J. H. Jowett, D. D.

Minard's Liniment Relieves Neuralgia

MEANING OF "CIGAR"

Strange Process of Change From Spanish.

Every name has, of course, its derivation, but certain names have long lost their original meaning. A curious example of this is found in the word "cigar."

Most of us know that "cigar" is from the Spanish, but few are aware that "cigar" really means "garden." It is not because a really good cigar has an aroma that might be likened to the fragrance of a flower garden, in a simply that tobacco was grown in private garden in Spain by the wealthy men who looked upon it as a very rare and valuable plant.

The tobacco was introduced into Spain from America, its native land, and the Spanish came to understand its real use. In smoking, the Spanish consumed quantities of it to be planted in the gardens about their homes. Every Spanish gentleman had a private garden for rare vegetables.

The tobacco shipped from America, and even from England, where most of it was first made, was not of very

Never known to disappoint the Most Critical Taster.

"SALADA!"

A Tea-pot Test is better than a page of Advertisement.

Black—Green or Mixed... Sealed Packets Only.

good quality, because those handling it did not seem to know how to treat it. The wealthy Spaniards soon began to grow their own tobacco, cure it and make it into pills for smoking.

To be able to import your own tobacco seeds or plants and grow your own tobacco and make it into pills for smoking was a feat of the aristocrats in those days, and a sign of high degree of civilization. A friend would, offering him a smoke, say, with pardonable pride, "Es de mi cigarra!" which means "It is from my garden." In this manner was the guest assured that it was newly cured, clean tobacco, and prized the smoke accordingly.

But the foreigners, through some misunderstanding, hearing their hosts always employing the word "cigarra" got the notion that the word was Spanish for tobacco. So, in time, they took it over, shortening it to "cigar," as meaning a roll of tobacco for smoking. And from "cigarra" to our "cigar" was a simple bit of word evolution.

But there is an odder phase of the matter, and that is the meaning, originally, of the Spanish word "cigarra." Now, cigarra means "grasshopper." In Spain the grasshoppers gathered in quantities in the gardens and chirped the loudest there, so that the little house gardens came to be called by the Spaniards "cigarra," or places where the grasshoppers are thickest. The history of our word "cigar" then may thus be traced from the Spanish word for "grasshopper," through the Castilian equivalent for "garden."

Minard's Liniment for sale everywhere

WEATHER IN FRANCE

Some Comparisons With Temperature in the Dominion.

Canadian soldiers on the battle fronts in France probably escape our Canadian torrid spells of summer and our blizzards of winter, extremes of heat and cold in France being less severe. They experience, however, periods of sustained cold in the trenches, cold of the moist, penetrating climate of Northern Europe, but in general no startling change from weather conditions at home.

An exhaustive study of the subject shows the winter in Northern France is not so severe from the standpoint of low temperatures, but there is a consistency of moderately cold weather which is not usually experienced in Canada. Rather low temperatures sometimes occur there, but such extremes of cold weather range about zero, Fahrenheit, to ten degrees below. Summer in Northern France is cool as compared with most parts of Canada, the average temperature for July and August, the warmest months, being 62 to 65 degrees. Moderately hot weather sometimes occurs, but extremely high temperatures, such as occasionally are experienced in Ontario and Quebec, are unknown in France. Temperatures as high as 100

A Health Saving Reminder.

Don't Wait until you get the Spanish Influenza. USE

MINARD'S LINIMENT

At the first sign of it. Its Healing Qualities are amazing. THE OIL RELIABLE. MINARD'S LINIMENT CO., Ltd., Yorkmouth, N. S.

have been reported in France, but they do not have the 90 to 100 spells that are common here. With the transition from winter to spring the rapid warming up, familiar to residents in most sections of Canada, is not so noticeable in France, the average temperature for March being only two to four degrees higher than for February. April and May are moderately cool and not unpleasant, while rainfall is comparatively light, although occurring rather frequently.

The summers are pleasant as compared with much of Eastern Canada, the day temperatures being mostly moderate and the nights cool. Occasionally hot weather is experienced, but the heat is not so excessive and the heated periods are usually of short duration.

Fall also is usually pleasant, especially in September and October. The rainfall usually becomes heavier, however. Along the northern coasts of France temperatures are very similar to those of our Pacific coast, the monthly average at Dunkirk, France, and Vancouver being identical for nearly half the months of the year and differing only slightly for other months. Over the lowlands of Northern France more is felt frequently, and may be expected from November to April, however, although it rarely reaches any considerable depth on the ground. At the higher elevations of Eastern and Southern France, particularly in the mountains bordering on Germany, where the winters are long and cold, snowfall is more frequent and much heavier.

Timely Recipes

PICKLED ONIONS.

Select small white onions and sort into two sizes, one-half inch diameter in one and three-quarters inch in another. Peel, cover with fresh water and let stand for two days. Wash well and put into a 45 per cent. brine for four days, changing brine at end of second day. Take out of brine and put into boiling water. Let stand for ten minutes, then put into cold water for two hours. Drain, and pack into jars, putting in a few small red peppers, and garnishing with sprigs of dill. Fill jars to overflowing with spiced vinegar, made previously and allowed to stand for a few days with spice bags left in it. Process as for pickles.

ANCHOVY CANAPE.

Mix with half a dozen anchovies, freed from skin and bone, the juice of half a lemon, paprika to taste, and half a green pepper, minced very fine. Spread on toast and pile around with mayonnaise.

MEXICAN RICE.

Three slices fat bacon, one small onion, one can tomato soup, one-half cup rice, one sweet green pepper, salt and pepper. Cut bacon fine. Add finely-chopped onion and fry together until a golden brown. Add to this the tomato soup, rice and chopped peppers and let all simmer slowly until the rice is tender. If the rice dries out add a little water. Season to taste with salt and pepper.

This is a savory and economical way of serving rice. Although many people dislike the taste of plain boiled rice, even the most exacting person will like this appetizing rice dish. The recipe will serve four people. It is sufficiently nutritious, too, for the backbone of the supper or luncheon.

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and would be well balanced by a plain green salad.

GRAPE PIE.

Seed grapes and if you object to skins press and discard them. To one cupful grape pulp allow two-thirds cupful sugar and one egg yolk. Cook with one crust and make meringue of white of egg. In case grapes are very ripe and juicy, a part of juice may be omitted.

SARDINE BISCUITS.

Mix and sift two cups of flour, four teaspoonfuls of baking powder and one teaspoonful of salt. Work in three tablespoonfuls of lard and two tablespoonfuls of butter, using a case knife or tips of the fingers; then add gradually three-fourths cupful of milk. Toss on a slightly floured board and pat and roll, using a rolling pin, to one-third inch in thickness. Shape with a very small round cutter first dipped in flour. Place close together in a buttered pan and bake eight minutes in a hot oven. Split white hot and spread under sauce with sardines from which tails and heads have been removed, flaked, seasoned with salt and moistened with some of the sardine oil. Put on tops and pile on a platter.

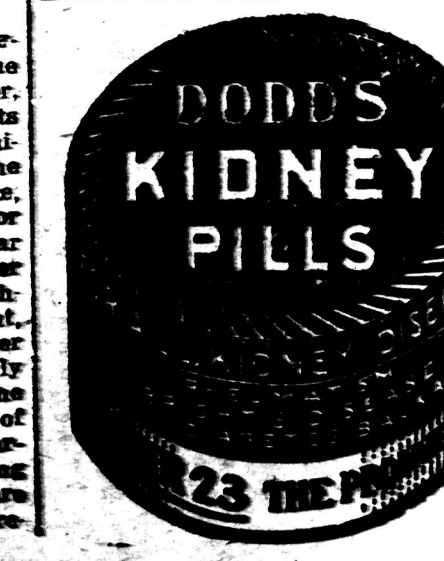
DATE BISCUITS.

Mix and sift two cups flour with five teaspoonfuls baking powder and one teaspoonful salt. Work in one or two tablespoonfuls fat with two forks or tips of fingers. Add one-half cup stoned and chopped dates. Toss on lightly floured board, pat and roll one-third inch thick. Cut out and bake in a quick oven.

Holderless Pen.

A European inventor has devised a metal blank with four clamps which carries a pen at the end. This device clamped around the forefinger is said to make writing much easier than when a penholder is used.

Life is short to the fortunate, long to the unfortunate.—Apollonius.



Sheep With Gold-filled Teeth.

The sheep of the western islands of Scotland are almost as stylish as the dogs that ride in automobiles on our own Fifth Avenue, in New York city. The canine aristocrats have occasional cavities in their teeth filled with gold, but the Scottish sheep have their entire set gold-plated before they have had any chance to decay. The gold-plating is due to gold dust in the soil. As early as 1536 Hector Boece, bishop of Aberdeen, speaks of the remarkable appearance of the sheep that roam "the golden mountain" in central Aberdeenshire. Their wool is yellow, their flesh is red, flecked, as it were, with saffron, and their teeth are the hue of gold, he says.—Popular Science Monthly.

An Authoritative Opinion.

When does the honeymoon end? is a question which has been discussed for a good many generations. It would be presumptuous, perhaps, notes the El Paso Times, for us to try to settle it, but just the same we have a strong suspicion that this little sentiment could be prolonged if she, when she hears his footfall, would go to the door and greet him, rather than skid into the kitchen to hurry up a dinner which has languished while she gossiped with the neighbor or bathed the cat.

I let a woman ease your suffering. I want you to write and let me tell you of a 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 what my method has done for them. If you are troubled with weak, tired feelings, headache, backache, nervousness, desire to cry, constipation, irregular periods, bleeding, sense of falling or misplacement of internal organs, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me to-day. Address: Mrs. H. H. Water, 556-A Street, Hallowell, Me.

PHILOSOPHY OF COLOR.

All Periods Had Reasons for Apparent Arbitrary Choice.

Blue is a contrasting color, reflects less light than it gives and has a tendency to make the room in which it is used as a dominating scheme much smaller than it really is.

Yellow is the antithesis of blue, for it expands, reflects more light than any other shade and gives both length and breadth to a room.

Red is one of the warmest colors and should be used most sparingly if a restful effect is desired.

Mauves, gray and violets are cold colors and should always be used in conjunction with a warmer note.

All combined colors, such as green, purple and brown, will follow the dominant primary color in their mixture.

It is generally recognized that each period has a special series of colors all its own. The full value of colors was recognized and used in Greece, Egypt and Pompeii.

During all periods there have always been certain reasons for the use of certain colors. Green has been the accepted color for the empire style, as the furniture of the period was of mahogany, brass trimmed; thus a pleasing contrast would prove effective.

The Elizabethan period was the age of oak furniture, which was enlivened and enriched by fabrics whose backgrounds threw into relief figures and floral patterns in black, deep yellow, dark blue and reds.

Louis XIV and XV were chiefly noted for their use of gold.

Colonial and Georgian interiors were painted white, owing to the characteristic note of simplicity to be sustained, as well as the desire to give artificial light to a room whose windows were small and ceiling low.

Adam undoubtedly chose light backgrounds, using stronger colors as contrasting notes.

The light is a very important factor in the selection of colors, as it has a very strong tendency to entirely change the tone, especially artificial light. The color scheme of a room should be chosen from the fact of its exposure. A sunny room can stand the cold colors, while a room with a light sun must have warm, rich shades to make it livable.—Price's "Carpet and Rug News."

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

United States' Debt to Sweden.

It was in June 1782, when, upon the order of Gustavus III, the Swedish minister in Paris, Gustavus Phillip Creutz, got into communication with American agent in France, Benjamin Franklin. It was nothing less than a treaty with Europe's oldest kingdom which Creutz offered to Franklin and the free states of his land. Franklin himself, as well as his countrymen, grasped with thankfulness the offered hand, the treaty was signed in April, 1782, and remained of practical benefit to the United States for a long time. The most important aspect of the matter was, however, that this treaty signified the introduction of the United States into international relations as a recognized power.

Most men would like to live their lives over again, not thinking that they might make even a worse job of it.

ISSUE NO. 48, 1918

WANTED.

WOOLLEN MILL HELP WANTED—Fuller on blankets, this is a first-class steady position at big wages. For particulars, apply to Slingsby Mill Co., Ltd., Brantford, Ont.

WOOLLEN MILL HELP WANTED—Experienced napper operator on woollen and union blankets and heavy cloths. Steady position, highest wages paid. Apply to Slingsby Mill Company, Ltd., Brantford, Ont.

HELP WANTED—MALE

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

MISCELLANEOUS.

REMIT BY DOMINION EXPRESS money order. If lost or stolen you get your money back.

FARMS FOR SALE.

LOCK OF LAND, 22 ACRES, 2 Farms of 100 acres each. All in the Province of Ontario. 1 Farm of 100 acres in Manitoba. 6 Private Dwellings in North Bay, Ont. will be sold cheap for cash.

LOANS WANTED ON North Bay Properties gilt edge, one of \$700, and one \$800. Particulars will be furnished on application. Apply to William Martin & Son, North Bay, Ont. Box 826, Phone 2.

BUSINESS CHANCES

FOR SALE—FOUNDRY AND MACHINE SHOP, low price for immediate purchase. Apply to the Tillsburg Foundry & Machine Co., Limited, Tillsburg, Ont.

MACHINERY FOR SALE

FOR SALE—H.P. GASOLINE EXTRACTOR, Bros. Dry Dock Co. Port Dalhousie, Ont.

FOR SALE.

FOR SALE—BUSH LOT 344—LOT 3 concession 10, Tecumseh, 100 acres near Beeton. Apply John McCoy, 45 King Street East, Hamilton.

Place Work Above Riches.

There is a story told of a multi-millionaire who was offered \$50,000,000 for his holding in the business in which he had been interested for many years. He went home that night and consulted his wife, who had been good comrade in all of his business ventures and she said: "Don't you sell? What would I do with the money, and what would you do without your work?" And the multi-millionaire did not sell. This is just an illustration that goes to show that money can have only a certain value, and that value is not comparable with the value of work.—Exchange.

TORONTO FAT STOCK SHOW

All stock raisers should take an interest in the Toronto Fat Stock Show which will be held at the Union Stock Yards on Dec. 5 and 6. This show, which has been held for several years, improves with every year, the management sparing neither time nor expense to make it a complete success. This year it is expected that the show will surpass all previous shows in the way of price cattle.

Postal Service Development.

As late as the fifteenth century butchers or drovers who went about buying cattle were the principal carriers of private correspondence. In the twelfth century the University of Paris established a body of pedestrian messengers, who bore letters from its thousands of students to the various countries of Europe from which they came and brought to them the money they needed for the prosecution of their studies. The great development of commerce following the crusades and the geographical discoveries of the Italians, Portuguese and Spaniards created a necessity for business correspondence about the beginning of the sixteenth century.

Minard's Liniment Cures Burns, Etc.

Just Ideas.

Enamel baths can be thoroughly cleaned with a flannel dipped in paraffin, and should not be scrubbed with soap, as this cracks the enamel. Instead of washing combs, clean them by brushing and pulling a piece of cotton through the teeth, always changing it as it gets soiled, then rub with a clean cloth.

Holes in plaster walls may be stopped with a mixture of sand and plaster of paris mixed into a paste with water. When dry cover with a piece of paper to match the wall.

For worm-eaten furniture peroxide of hydrogen is excellent, and should be used without water. As it has no smell, it is more pleasant in use than paraffin and other remedies often used for old furniture, and it does not injure the polish.

Where Thin Men Have Advantage

A thin man has a better chance than a fat one. Women gunning for men occasionally puncture a fat one, but few of them shoot well enough to hit a thin one.

—Begin right. It's the first step that counts in the long run.

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