A SICKLY WIFE NO FIT MATE FOR ANY MAN

GIRLS AND WOMEN SHOULD LOOK WELL TO THEIR HEALTH AND STRENGTH.

Never before was physical health and vigor so highly esteemed and so eagerly sought for as to-day. No man finds happiness in a sickly

wife, and the woman who wishes to enjoy the pleasures of life should spare o effort to maintain perfect health. Is your daughter growing up strong and ruddy? Has she strength to drink in greedily all the pleasures that youth so zealously seeks or is she compelled to use the street car instead of enjoying the delightful exercise of walking-does she after the ball arise refreshed and vigorous, or is she exhausted, indifferent, and perhans irritable?

When strength and vigor can be so easily maintained by Ferrozone, when the glow of health is so quickly brought to the cheeks and elasticity to the step, it is plainly a mother's duty to see that Ferrozone is on hand to assist her daughter back to health. Upon the wake of Ferrozone quickly follows a stream of rich, nourishing blood, which imparts that power and surplus energy so earnestly desired

by those in ill-health. Stop and think what this means for your daughter-certainly a great feal, and it can be accomplished by Ferro-

Every growing girl and young womany ways from their nutritive, vital-

It is specially suited for young women and is a guarantee of health and regularity as long as it is used. Ferrozone is free from alcohol and perfectly safe to use. Prepared in

the form of a chocolate-coated tablet and sold in 50c. boxes or six for \$2.50, at all dealers, or direct from The Catarrhozone Co. ,Kingston, Ont.

Caucasia In History

The average person, if called upon suddenly to explain what he understood by the Russian province of Caucasia might possibly agree with the school girl who described it as the land of beautiful Circaesian women. whose men-folk spent all their days rescuing them from the clutches of the hated Turk But the Circassian, or Adighe, as he calls himself, to whom many people vaguely attribute their good looks and their rosy cheeks, as parent of the European or Caucasian stock, occupies only the northwestern corner of Caucasia To the Russian and the Turk he is but this term should be 'avoided by slide down his cellar doe disposed stranger as an unpulatable cognomen, liable to provoke unexpected explosions easia the mountainous neck of land lying between the Black and Caspian Seas, is a land of many races and intermingled tribes, with no interracial solidarity to speak of Only a few stand out as distinct nationalities Their chains of Titanic mountains are practically unclimable, and there are only two passes good for year-Found traffic, so that the modern railfay, seeking passage into Transcaucasia and Asiatic Turkey from Russia, has to hug the coast line. when not doubling upon itself, to reach Kars, which, in the great Russian military advance into Armenia, was virtually the most southern jumping-off place for the armies. This railway line first extends through Cirassia and crosses the Classic Phasis of the Greeks, now called the River Rion. The Greek merchants who explored that river to its source came back to tell of rivers running gold, and natives laying down sheepskins in which to enmesh the precious metal as it came down stream past the cataracts. Thus, the Greek imagination and fecundity of fancy was led to create out of Caucasia an Eldorado or Ultima Thule of dreams. Up to ancient Phasis Jason sailed the Argo to gain the Golden Fleece, and plowed his acres in the Field of Mars of ancient Colchis. Over the endless steppes I wandered, pestered by Juno's gadfly; through the land of gorges and caves, where fire-breathing griffins dwelt and ons-eyed Arimaspians waged eternal war. Hercules fourneyed to wrest from Queen Hippolyte the girdle which made of the Amazons of modern Daghestan such redoubtable foes; and comewhere to the north, on the foaming Terek River, by the eastern face of the romantic Kasbek Mountain, Aechylus, the dramatist, chained his Prometheus, who had sought to restore the

sacred fire to man. When one has enumerated the Osselans, or "gentlemen of the mountains," the Khevsurs, who wear chain mail and helmets of the Crusader type, the Tebettchetz, the Ingouch, who are said to see their gods in the rocks or yerdas, the big, powerfullybuilt Daghestans, the Karbadans, the Spanetians or Scans of Stvabo, whose

DODDS KIDNEY PILLS

civilization has stood still for a thousand years, the much scorned Mingre-lian tribunes, the Imeretians, the Palava, and the semi-Turkish Tar-ture, the light-fingered high-waymen who used to wait for wealthy strangers ir the great waste places around Tiflis, there is still left the one great dominant race, or aristograts of the Caucasus, the Georgians.

The Georgians were the real masters of the Caucasus until Peter the Creat introduced the Russian, six centuries after their Gold Age under the Georgian Elizabeth, Queen Thamara. There will, therefore, be no more kings of Georgia; it is pleasant to think that, on his own proud howing, the Georgians' subjection has not robbed him of the distinction of possessing the bravest men and the most beautiful women in the world. The Russian has generously added his estimony, not without a sub-acid cuch of irony that, no matter what the occupation of the Georgian, he is almost sure to be a prince. The title, indeed, is as amazingly common as baron in Germany, and recalls the judge and colonel of the Georgia of the new world. But behind the harmess boast is usually a heary pedigree and a national patriotism which has become a fetish since the Russian occupation.

For the first time these Caucasian peoples are ruled by the power under a viceroy, including almost plus royal que roi. Their country, or countries, including as thew do Baku of the oil and cotton fields, the Black and Caspian seaports, and the fine city of Tiffis, have a great economic future. It is sincerely to be hoped, however, that the question of self-determination and rights of small nationalities in the Caucasus will not find its way to the coming peace conference, if ever the delegates to that epochman derives enormous benefit in making assembly are to dispose of their Herculean task. It would be nothing less than in interminable wrangle and the world might be tempted to wish that the many and various nations of the frosty Caucasus were back in that condition of which Herodotus speaks when he deseribes them as "living mostly on the fruits of wild trees." Pliny tells of 800 distinct languages in ancient Colchis, and it is on reliable record that the Romans had to employ 130 interpreters to conduct affairs satisfactorily.—Christian Science Monitor. Minard's Liniment Cures Colds, Etc.

BARN-DOOR POPULARITY.

What Gave Distinction to Boys a Generation Ago.

In simpler times, and in parts of the United States where simple customs prevailed, the popular small boy of the neighborhood was not necessarily the son of the richest or most prominent family, but, more likely, the boy in whose yard there was a good rain barrel, a smooth cellar door, or a barn. The boy who would now and then, from pure favor, or in return for marbles or some other valu-Tscherkess, which is merely a polite able consideration, permit other boys Europe. way of saying "thief" or 'brigand," to "holler" down his rain barrel or To her amazement the dervish greeted est privilege of all, play in his father's barn, was the boy whose friendship wast best worth cultivating.

Some boy, in the small community of a generation ago, was sure to have a father who possessed a barn, and, generally speaking, he intuitively felt. his power and exercised it over the other boys on his street or in his part of the town. Whenever he went the barn stood back of him and gave him support and influence. He could say and do things to the other boys that they would not dare say or do to one another, simply because the boy he said or did things to could see the barn door behind him, open or closed,

as the case might be. To be one of those entitled to admission to the barn was to be in the right set; to be denied the privilege of

Minard's Liniment Co., Limited: Sirs—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the best for bruises, sprains, etc. Yours truly,

J. G. LESLIE,

playing in the barn was to suffer social ostracism.

Sometimes the boy whose father had a barn enjoyed a monopoly. Then he was the recognized aristocrat among the boys of the street of the neighbor-Sometimes a rival appeared in the person of a new boy whose father had put up a new and larger barn than had before been seen in that quarter, or sometimes the father of a boy who had no barn to begin with became better off and put one up. In such circumstances prestige went with the barn that has the greater attraction. Usually it was helt by the boy whose father had the greatest number of horses, or the largest number of vehicles, or a buckboard buggy. or a surey. Some boys were won by the number of box stalls. There were boys who would turn their backs in ownder through the trap door at the hay loft. A great deal depended also on whether the the hired man was a friend or a foe.

No better place than the barn could be found for a game of "peggin's in"; the marbles could not run away from the retaining wall, and it was sport, beyound words to tell, when a "feller" found a newly laid egg in the manger Take a bright June morning, after the horses and wagons had been sent to town or selection fields. and the sun was shining through the leaves of the crabapple tree and weavfing lace upon the barn floor; take a morning when there wasn't any school, "an" Jim Hutchins, an' Reddy Lane, an' Kkinny Wilkins were over for the forenoon, an' all had good

Heals, Pimples With One

Cake Soap and One Pace never free from them for two

or three years. Were sore and often became large and herd. Left dark, red blotches that disfigured face. Nothing did much good till tried Cuticura. Helped from first application and now

Press signed statement of Mise Lorens Remedy, R. R. I. Williams-town, Ont., March 7, 1917. Use Cuticura Scap for toilet purposes, assisted by touches of Cuticura.

Continent to soothe and heal any tendency to irritation of the skin and scalp. By using these fragrant, super-creamy emollients for all toilet purposes you may prevent many skin and scalp troubles becoming serious. For Free Sample Each by Mail addiese post-card: "Cutieurs, Dept. A. Boston, U. S. A." Sold everywhere.

fack-knives, an' there wasn't any fusein', an' a game of mombletypeg was on." Then the delight of small boy-hood in ahe small town

pretty hearly complete. A barn need not have a horse, or a vehicle, or a stall, or a friendly hired man in it to be attractive. Some of the most enjoyable barns ever known had nothing in them save discarded carpets, bedsprings, odd pieces of urniture, a tool chest, a haird-covered trunz, a step-ladder, parts of an abandoned bicycle, and a wheezy melod. To be complete a barn should have openings in the walls to let the rats in, and, above all things, it should be full of mysterious noises. In the eventide, when the shadows were lengthening, there was a part of one barn from which a giant or a pirate issued when it was time to go home. The boys came to know him intimately. They would see him first rising over the top of the melodeon. getting bigger and bigger; then he would stroke his long, black whiskers, wink at Reddy Lane, step across the hair-covered trunk, and be just on the point of making for the door when the "gang" would rush wildly toward the house and score another narrow escape.—"Christian Science Monitor."

Minard's Liniment Cures Diphtheria. WITCHES' WARNINGS.

Famous Prophecies That Have Come True.

The Empress Eugenie probably often recalls in her old and exiled old age the prophetic words of a dervish whom she visited, veiled and disguised, more than a half century ago. when she was in the full bloom of ner loveliness, the happiest and most enviable woman in

the veiled stranger with the words. "Welcome to my humble dwelling, o the cook with an old fashioned coal Emprese!" and after Eugenie had ex- suove at her unsposed can think of usressed her astonishment that he had no easily discovered her identity, he con-"At your birth the stars foretold for

"At your birth the stars foretold for you great power and greater sorrow, for your happiness wil! be only temporary, but your sorrow will last forever. You are doomed to lose your throne, your husband, and your son, and to wander alone through the world like a lost star. These events, however, will not happen at once, for the blow would kill you. To you, as an empress, it will not be permitted to enter the land of your husband and pour son, except by permission. You will have to seek a home with strangers, and the dress of woe will never leave your form; your jewels will be but tearyour form; your jewels will be but teardrops."
With what terrible accuracy every word of his prophecy has been fulfilled

When the beautiful young Princess Elizabeth of Bavaria visited a village fair some seventy years ago in disguise and in the company of her father, a sypsy woman revealed her future to her. sypsy woman revealed her future to her. "I do not know who you are, young lady," the gypsy said, "btu you will one day, and before long, wear the crown of an empress. Yeu will be one of the greatest and most envied women in Europe, but your happiness will not last long. You will have many, many years during which you will walk alone in the shadows; one great trouble will follow another until—but no. I will say no more except that you will wear a double and the state of the pork is sufficiently sait. If liked sweet, and one tablespoonful of molasses, cover with hot water, and bake in a moderate oven for six hours. When necessary add water to keep moist.

Of course there are some cooks who could not think of boiling the beans to ward off your litt they grow big. Do two morths, small si 25c; all dealers or to Co., Kingston, Canada water to keep moist.

inst-put a merciful end when the assessing Luchent, stabled her to the heart.

The ill-starred career of the late Kim Alexander of Serbia was forefold before his birth by an inspired peasant of

"The child who is about to be born." the peasant declared, "will have a far more turbulent reign than his father, will marry a woman from the people, and will marry a woman from the people, and in his twenty seventh year will cease to be king, his dynasty will cease with him." How exactly this prophecy was fulfilled is known to the world. Alexander lost his head and heart to Draga Maschin, the beautiful widow of a drunken engineer, and married her in spite of the strong opposition of his parents, ministers and people, and his foelish act was swiftly followed by that night of horror and tragedy in 1992 when a band of conspirators broke into the pelace, siew both the king and his low-born wife, and flung their mutilated bodies out of the window.

Chapeau Chic.

Lace "halo" brims. Embroideries of jet. Paradise feathers again. Black lace scarfs swathe crowns. Shapes that are entirely of black

"Eye curtains" of lace brims. Kolinsky crowns with brims of Chantilly. Wreaths of hand-made posies pastel colors.

\$100-REWARD-\$100 The readers of this paper will be leased to learn that there is at least ne dreaded disease that science has beer able to cure in all its stages and that is y constitutional conditions requires stitutional treatment. Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System, thereby destroying the foundation of the disease, giving the patient strength by building up the conpatient strength by building up the con-stitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hail's Catarrh Medicine that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimon-Address F. J. CHENEY & CO., Toledo.

Beans Make Fine Food

Ohio. Sold by all Druggists, 75c.

Not long ago a sort of food conservation S O S was sent out urging the housewife to eat more beans and to make use of more in her daily bills of fare . Perhaps it would be easier for us to heed this if it were not still possible to get fresh vegetables, but as a matter of fact dried beans ought to he regarded in the light of a meat substitute. Beans contain a lot of protein, or body building material, and for that reason they take the place of meat in a weil balanced diet. One reason why beans are not used more than they are is undoubtedly because in the minds of most Americans dried beans stand for one sort of Are Your Nostrils Full dish-Boston baked beans-and this dish requires long, slow cooking. Only stove at her assposed can think of using a recipe that calls for five or six hours baking and in these days of coal conservation it is not every day in the week that even the coal range is going that length of time. As winter comes on householders can make use of their heating furnaces for baking beans in the good old fashioned way. A rack can be inserted in the furnace and sometimes when the fire is hurning low the beans laid on that in the old fashioned covered pot.

Here is the old fashioned rule for making this type of beans: Soak one quart of white or red kidney beans until they look slightly shrivelled. Have ready an earthen bean pot with a pound of sait pork, uncooked, in the bottom. Cover this with the beans.

cohed over and then cor

and put them through the meat chopper, and add to them a cup of soft bread crumbs, a pint of grated cheese. salt, pepper and a tablespoon of chopped onion. Add about a half cup of the liquid in which the beans have been cooked enough to form a loss-

cooking

Dried beans can be combined to advantage with meat to make a little go a long way. Throw into a kettle a cup and a half of white beans that have been soaked over night and a pound of shank salt pork that has been freed from all skin and part of the fat. Cook for four or five hours, adding water from time to time. Flavor to taste with salt and pepper, and serve with temato sauce.

WITH TOMATOES.

three hours or more until tender. Now add tomatoes that have been skinned and cut up, salt and pepper and cook a half hour longer. If you like the taste and a little minced onion with the tomatoes.

Elfin Winers.

All over Europe a popular belief prevails that elfin miners are constantly laboring in the bowels of the mountains, where they have accumulated enormous stores of precious metals. In Wales they are called They make strange "knockers." noises, and the tapping of their picks may often be heard in ore bodies not yet reached by the human workmen.

If Sa, It's Time You Got Wise to Catarrhozone, the One Certain Cure.

So healing and soothing is Catarrhozone, so full is it of curative essences that winter ills fles before it . Carry a Catarrhozone Inhaler in your purse, in your pocket, use it to ward off your little colds before they grow hig. Dollar' outfit lasts two months, small size 50c, trial size 25c; all dealers or the Catarrhozone Co., Kingston, Canada.

Of course there are some cooks who come down, but it ought to come

been called Boston reast, out of deference no doubt to Boston baked beans rather than because this sort of dish really quite flavorsome. To make it soak a pint measure of dried beans all day and night and then cook in salted water until they are soft. Drain

then bake in a moderate oven for about three quarters of an hour. Have ready a little drippings of some sort mixed with equal parts of het water and baste the loaf occassionally while

BEAN SOUP. Soak two cups of dried beans over night in cold water and in the morning drain them and put in a pan with a cup and a half of water and a ham bone and let them simmer. From time to time add more water. When the beans are partly done add an onion and some celery stalks and when all are tender put through a colander. Now make a smooth white sauce of three tablespoons of corn starch moistened with a little hot water and a little butter and add to the soup. Add a cup of milk and heat well before erving.

Soak heans over night and cook

Of Catarrhal Discharge?

By no ither means can you get lieves tight chest, removes bronchial irritation.

Whatever goes up must always

cold water. Then lay on top six strips of bacon and cover with the ean pot cover. Bake for six hours.

Here is the recipe for what has emanated from the Hub. It has gained considerable popularity since the advance in meat prices and is

USED WITH MEAT.

relief so quickly as from Catarra-It's the most direct remedydirect because you breathe it to the very spot that is irritated and full of catarrhal germs. Nothing roundabout in the Catarrhozone method, It acts instantly, clears the throat of phlegm, stops the hacking cough, re-

FOR SALE.

TOR SALE BUSH LOT 84-LOT 3

GALLOWAYS COWS WITH CALVES D. McCrae, Guelph, Ont.

FARMS POR 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 10% acres each and one of 400 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; hest business corner in Mount Forest, where successful business has been done for thirty-six years. W. I. Gilroy, Mount Forest, Ont.

STORM WINDOWS FOR SALE.

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

Electricity On the Farm.

It is apparent from the fact that 200,000 horse power in electric motors is now actually being used on the farm that the phrase "Electricity on the Farm" does not constitute, an idle dream any longer, remarks the General Electric Review. Although 160,-000 horse power of this is used for irrigation and reclamation purposes (a peculiarity of semiarid sections), the remainder, or 40,000 horse power, is actually being used for miscellaneous farm purposes, such as driving the cream separator, butter churn, and sc on. The only thing that we are not doing with electricity on any scale te plowing and cultivating, and this now bids fair to be a commercial reality in the very near future. Scientific Am-

Minard's Liniment Cures Garget in

Great Men Refused Titles.

The current discussion regarding titles recalls the fact that many big men have refused not only titles, but university degrees and other honors.

Cariyle wrote a famous letter in declining an honor offered him at the hands of Disraoli. Barrie declined a similar distinction before accepting a baronetcy, and Herbert Spencer put aside even the honors which academic bodies in various parts of Europe desired to confer upon him. _xamples of the kind are, of

course, more numerous in the wider field of political life. Gen. Botha and Gen. Smuts have, like Mr. Deakin and other colonial statesmen, begged to be excused titular distinctions, so following the lead of Campbell-Bannerman, Gladetone, Chamberlain and others of our own times.

In matters of this sort it may be difficult to say "No," but the late King Edward had once to decide, in circumstances much more delicate than those of an ordinary man, that he could not accept a proffered dignity. In 1864 he had to refuse the Prussian Order of the Black Eagle. Public opinion was dead against Prussia, and the then Prince of Wales privately held as decided opinions on the subject as the man in

Minard's Liniment Cures Distemper.

No Better Combination.

It is a strange thing that people should voluntarily miss so much of beauty in their lives. But it is a fact that the present generation does not piace as much emphasis upon the library in the home as should be placed. Make your library the centre of your home. Buy good books and read them together. "For there is no friend like a nook and a book."

STRANGER THAN FICTION. (New York Sun.)

(New York Sun.)

There will be many war mysteries, many, cropping up in all parts of the world, but no mystery so mystifying, it is safe to bet a cookie, will equal in mysterious course that of the \$60,000,000 in gold Germany blackmailed out of Russia, but which is now safely deposited in the vaults of France. One hundred and twenty tons or thereabouts of good gold for a year or more-in possession of the for a year or more in possession of the German army and not stolen beyond resovery Surely truth is more incredible



Saskatoon The University of Saskatcheway of centre Saskatchewan. Population 25,000. Fifteen years age Saskatuon First Grand Trunk Pacific train to enter the city of Sa sager Grand Trunk Pacific. __ (4) A street scer

BRITISH

Would Not H at Peac

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Regu syeak of eliminat. not, of course, me should attend the but that, though t private, the results ed, and that not a negotiations, but t

This view was e C. P. Scott, editor Guardian, in a talk ed Press on the qu the Peace Conferen Naturally, ther continued the edit ters, involving spe ests and national ways be more diff when made the su troversy, but on only means of brir sure to bear in th against particular publicity. Doubtless publi

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Would Dispute It

15,000,000

Paris Cable the Serbian Go R. Vesnitch, France, who, in one of the Ser Peace Conferen the head of th United Sta 1:17. Dr. Vesn The Serbian Croats, Slovene within the boun to has been cal former Austre number about an ethnological to become one ciples laid dow and accepted b Great Britain,

conditions prece signed with At Approximate of our people ligion, twenty ten per cent. Mohammedan. have decided Greater Serbia race, the fronti Greece, Bulgari