

AMERICAN COLONEL GIVES FREE ADVICE TO RHEUMATICS

SAYS IT'S SHEER FOLLY FOR
ANYONE TO SUFFER
THESE DAYS.

Rheumatism can't be cured so long as your system is weak and run down. You must first build up and get strength to fight off the disease.

Ferrozene cures because it builds up, because it renews the blood and dissolves the Uric Acid and the poisons that cause rheumatism.

It is proved right here that Ferrozene does cure.

Col. H. M. Russ, of Edwards, St. Lawrence Co., one of the fine old heroes of the Civil War, was completely restored by Ferrozene. Read his statement:

"I couldn't get around without a cane, and then only with difficulty. Rheumatism took complete control of my limbs.

"Suffering was more intense than hardship on a battlefield. When my doctor had done his best I got Ferrozene.

"Then came a quick change. Ferrozene gave me comfort at once, eased the pain and took the stiffness out of my muscles.

"I am well to-day. Ferrozene cured me completely. I can jump and run like I did forty years ago."

Be sensible about your case. If your present medicine is useless give it up.

Don't experiment again. Ferrozene is known on all sides to be a cure that does cure. Why not get a supply to-day. The sooner you begin Ferrozene the quicker you'll get well. Price 10c per box or six for \$2.50, at all dealers, or direct by mail from The Catarrozone Co., Kingston, Ont.

WHAT THE RED FLAG MEANS

(The Equitable Public Bulletin.)

Americans who are encouraging the entering wedge of State Socialism in our country must know that the red flag means war. It is a challenge to the very life of the nation. It is a challenge to the very life of the nation. It is a challenge to the very life of the nation.

The working people are simply predestined victims of the red flag. The red flag means war. It is a challenge to the very life of the nation. It is a challenge to the very life of the nation. It is a challenge to the very life of the nation.

The available fuel supply has largely disappeared. The oil fields still unburned are not working. The coal mines have been flooded.

Manufacturing is at a standstill. Ninety per cent of the factories have been shut down. Many are being destroyed by the Bolsheviks.

Cotton fabricating is practically a memory. Large quantities of cotton were burned, because it was believed to have belonged to the banks.

It is estimated that only twenty per cent of the tillable lands of European Russia were put into crops this year. Many large estates have been abandoned, burned or destroyed. Live stock and implements of prosperous farmers were stolen and divided among the looting hordes.

Of the 2,000,000 population of Petrograd before the war, 1,500,000 have disappeared. The city looks desolate. The Russian soldiers and their families are living in the deserted homes of the well-to-do. Hotels, restaurants, cafes are closed. The middle classes are excluded from public eating places and are starving by thousands. Many are known persons have been shot or starved to death. In addition to enduring the terrible conditions of the Russian people must submit to a reign of violence, brutality and murder at the hands of the armed forces of the Bolsheviks.

Our lessons are obvious and so is our duty. The Russian people sacrificed over 3,000,000 of their men in holding several German armies out of France during the first two years of the war. Why then are we not and the allies not why then in large force to rescue these helpless millions of Russians from the horrible tortures they are now enduring.

Minard's Liniment Cures Distemper.

LAUNCHED INTO SPACE.

Projectiles Mounted Fourteen Miles Into the Air.

If, as reckoned, and as there seems no reason to doubt, the projectiles thrown into Paris by the new German guns from a distance of seventy-four miles mount fourteen miles into the air, they reach further into the vault of blue than any point hitherto attained by human effort. Next comes a "free" balloon that was sent up from Berlin carrying eight automatic instruments to record temperature and air density, a number of years ago. It attained an elevation of eleven and a half miles.

Mainly by the use of such instruments carried by balloons much has been learned within recent years about the "sea of air" at the bottom of which we dwell. So rapidly does it "thin out" as one passes upward through it that no human being can survive for long beyond an elevation of four miles for lack of sufficient oxygen.

Half of the total volume of the atmosphere is below the three-mile level, and its density, roughly speaking, is halved for each three miles of ascent. The air contained in a box three feet cube at sea level weighs twenty cubic feet at an elevation of four miles, it would weigh less than one ounce.

The highest level ever reached by a human being was attained by Dr. Berenson, who, in 1893, voyaged in a balloon to a height of nearly six miles—the elevation of the loftiest clouds, such as we call "mares' tails," which are believed to be composed of snow-crystals or ice-crystals. He was enabled to accomplish this feat by taking a tank of oxygen with him, and his thermometer recorded a temperature of 54 degrees below zero.

The above-mentioned free balloon sent up from Berlin, which was called the Cirrus, noted with its automatic thermometer 75 degrees. Meteorologists are of opinion that at twenty-five miles above the earth's surface the temperature is never less than 200 degrees below zero, and that at fifty miles it is not far from the absolute zero of the outer world of space—273.5 degrees below zero.

The highest elevation attained by land was reached in 1892 by W. M. Conway, who scaled the summit of Pioneer Peak in the Himalayas. It is the loftiest point ever trodden by human foot—nearly 23,000 feet above the level of the sea. But Mount Everest, in the same great backbone of Asia, is more than a mile higher and presumably can never be climbed. There is not enough air on or near its top.

In the upper regions of the sea of air there is not only no air (adequate for human purposes) to breathe, but the cold is such that no warm-blooded creature could survive for a minute. The climate is an eternal winter. Its temperature uninfluenced by the warmest rays of the summer sun.

But (supposing that we could survive there for a brief time) at a level of 100 miles above the happy spot where we present it is our privilege to dwell. We look above us, and what do we see?

The blue sky? There is no such thing. The sky is jet-black—the stars scintillating in it with a brilliancy wholly unfamiliar. And how about the sun? It is inconceivably dazzling, but in color it is not yellow or red. It is a brilliant blue. The aspect in which ordinarily it appears to us is due to interference with its blue rays by the atmosphere.

State of Ohio, City of Toledo, Lucas County, ss.

F. J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the city of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1918.

W. C. ELLIS, A Notary Public.

Hall's Catarrh Medicine is taken internally and acts through the Mucous Surfaces of the System. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O. Sold by all druggists. Beware of cheap imitations. Hall's Family Pills for constipation.

Plate Scrapings

William Henry Wibley was soft. His father first discovered it when W. H. Wibley was two years old, and since W. H. Wibley senior did not often speak, his words were as the words of Solomon, son of David.

So Wibley remained soft, willy-nilly. He was a reformed youth, and had a black eye rubbing his eyes and saying "state of his hands, so that he usually looked like a chimney sweep."

It is it for tea, Sergeant? Willie asked. "No, it's not. We only use first class dripping oil. This is going to be sold and made into munitions."

"Gunpowder?" Willie's ideas of explosives were limited to "Yack, sergeant, and 'Something as that one," said the Sergeant cook. "You've got to make as much of this black powder as you can. You will bring the plate scrapings along and you will boil them up in these boilers. The more we render it down the better it is, and we get a better price for it."

"Willie rubbed a greasy black finger into his eye thoughtfully. "Who sets the money, sergeant?"

"You do, my son. The sergeant answered. "All this dripping goes to get your cook's pay."

"Have I got to make the pay of all the men?" Willie asked.

"Quite right," said the Sergeant, not quite the truth—but near enough for the time.

Willie considered the question for some time, and then said: "I shall have to work hard."

"By the time your leave comes, Willie, you'll be thinking right!"

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GILLETT'S EYE

CLEANS-DISINFECTS-USED FOR
SOFTENING WATER-FOR MAKING
HARD AND SOFT SOAP-FULL
DIRECTIONS WITH EACH CAN.

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that it was "unimaginable in its dignity, as something as a cathedral, yet with an ostentation of the building, and let us always remember that it was one of the finest buildings in England, or anywhere else. This dictum may be considered a little exaggerated, but it is hard not to share Morris' enthusiasm. To some degree, when one stands inside the great barn and glances down its 150 feet of length, and along its rows of splendid timber pillars into the dusty recesses of its high roof. Some of these Fourteenth Century barns are divided into nave and aisles like a church; what windows there are are always very small, and the light comes in chiefly through the huge doors when these stand open. There are a number of fine barns belonging to the fifteenth century also to be found in the country districts of England, and these are very dignified and handsome structures to be seen which belong to later centuries, but it is with the fourteenth century barns that this article is chiefly concerned.

A very fine example of a fourteenth century barn is to be seen near Bradford-on-Avon in Wiltshire. It stands on what is known as Barton Farm and was once the grange of the Abbot of Salisbury. This splendid old barn, with its four huge porches which have almost the effect of a transept, is 170 feet long and 20 feet wide, though the transepts or porches measure 60 feet. It is very long and comparatively low in proportion to its height. Nearly six centuries have passed over it, but the old barn at Bradford-on-Avon is finely preserved, and its great porches with their carved finials would not suffer from comparison with a good deal of contemporary ecclesiastical architecture. These old barns have a fine record of useful service for the good of the community behind them, and there seems to be no reason why this should not still continue for many years to come.

Warts Disfigure the Harsh

But can be painlessly removed in twenty-four hours by the use of Putnam's Wart and Corn Extractor. Fifty years in use and still the best. Insist on getting "Putnam's" Extractor, 25c at all dealers.

PROOF WORLD MOVES.

Simple Little Experiment Will Convince the Skeptical.

Take a good-sized bowl, fill it nearly full of water and place it upon the floor, so that it is not exposed to shaking or jarring from the street. Sprinkle over the surface of the water a coating of lycopodium powder. Then upon the surface of this coating of powder make, with powdered charcoal, a straight black line, say, an inch or two in length.

Having made this little mark with the charcoal powder on the surface of the contents of the bowl, lay upon the floor close to the bowl a stick or some other straight object, so that it will be exactly parallel with the mark. If the line happens to be parallel with a crack in the floor or with any stationary object in the room, this will serve as well.

Leave the bowl undisturbed for a few hours, and then observe the position of the black mark with reference to the object with which it was parallel. It will be found to have moved in the direction opposite to the movement of the earth on its axis. The earth in simply revolving has carried the water and everything else in the bowl around with it, but the powder on the surface has been left behind.

The line will always be found to have moved from east to west, which is perfectly good proof that everything else has moved the other way.

Minard's Liniment Cures Garget in Cows.

NATURE'S DISGUISES.

Colorings and Markings of Wild Life Important.

The colorings and markings which Nature has given to animals are very important to them in their daily struggle for existence.

The protective coloring of an animal will often allow him to creep close to his prey without detection before making his attack. An animal that is being hunted tries to deceive his enemy by covering against a protective tree or undergrowth, with which the color pattern of his skin harmonizes. Animals are thus continually playing hide-and-seek with each other, and the one most adept in deception has the greatest success.

The pattern of the animal's coloring depends on the prey he has to seek for food and the enemy he has to avoid. The polar bear, for instance, has a white coat, which is very intelligent animals, and so even with his deceptive white coat, the polar bear finds his hard to make a living.

The jaguar, whose mottled black and gold covering harmonizes with the light and shadow of leaves in sunlight in his native jungle, the striped zebra, whose stripes make him difficult to see in the tall grass, and the leopard, whose spotted coat makes him difficult to see in the dappled light of the forest.

There are other animals whose power of dissimulation depends not on a color pattern on their skin, but on the absence of it; whose outer covering is made up of formless blotches, as in the case of the penguin, which fades away against the background of rocks, and the black and red shrimp, which disappears against the sky line of the misadventured mice and mice hunter.

One of the most curious forms of disguise is that assumed by the male of the African ant-eater. It not only de-

velopes his enormous, but even so a protective armor of horny plates, and they look so little like a part of any living thing that the ant-eater is often able to pass himself off the back of a tree.

But although the general rule in the animal world is to hide, there are some members of it which do not seek to disguise themselves.

These are caterpillars, for instance, which are very disagreeable to the taste, and they realize that their protection lies in advertising this fact. So they adopt the most flaunting colors possible. An unwise bird just out of the nest may gobble up one of these highly-colored creatures, but the taste is so bad that the next time he sees a caterpillar he will recognize the flamboyant colors and remember to dislike themselves.

ADDED YEARS.

Wife-to-morrow will be my twenty-sixth birthday.

Hubby—Why, a year ago, just before our wedding, you told me you were twenty-two.

Wife—Yes, but we women age rapidly after marriage.

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, and the child will grow out of it.

FREE

To any mother my successful instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address: MRS. M. SUMMERS.

BOX 3. WINDSOR, Ontario.

FREEDOM OF THE SEAS.

(By Sir Hall Caine.)

May I without presumption hazard the opinion that President Wilson, whose fourteen conditions of peace have been thought out with astonishing penetration and expressed with most admirable lucidity, has not yet entirely cleared his great mind on the subject of the freedom of the seas?

It is impossible to believe that his definition of that difficult phrase is the same as that of Germany. The German definition implies that, while the land is to be controlled in times of war by the military power, the sea, and therefore the ports on the sea, are always to be open to the weakest naval power. This is so illogical as to be unworthy of any mind, except a German mind, and hence it is impossible for the President to have adopted it.

Does not the President see that the rights which Great Britain asks for her navy are the same as those which Germany asks for her navy? In times of peace the seas are free to all, who sail on them, in times of war they can only be free on the power that can control them. It is control of the seas in times of war, not sovereignty of the seas at all times, that Great Britain requires for her navy, for as long as she may be able, or required, to maintain it less than this would place Great Britain in her inferiority at an unjust disadvantage, a position of inferiority in the only arm in which she can hope to be supreme.

Does President Wilson desire this? It is impossible to believe that it would be so. The President's definition of the one thing I see clearly is that in President Wilson's second clause he is chiefly concerned to make the foundation of his league of nations equal. What he would ask of the army of Germany he would ask of the navy of Britain, but the justice of a thesis can only be equal in two cases where the conditions are the same.

Is the condition of Britain in respect of her navy the same as that of Germany in respect of her army? I think not. The navy of Great Britain is the chief bulwark of her liberty; it has been the material of her history, the medium of her progress, and the essence of herself. She has built it up at great cost and sacrifice through centuries of effort, and she has maintained it at a great cost and sacrifice through centuries of effort, and she has maintained it at a great cost and sacrifice through centuries of effort.

We cannot think of it. All we can think of is the right of control of the seas, of blockade in times of war is no more nor less than the right which every nation has to defend its own claims for its army on the land.

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