Thousands of Vigorous, Happy Siris and Women Endorse Treatment

BRINGS KEEN APPETITE GOOD SPIRITS.

Women who are all played out, droopy, pale, nervous and irritable will certainly be greatly interested. will folks who are embarrased wite

pimples, rashes, and pallid complexion. The real joy of living is best known to those who kee the blood pure and the system toned up by the use of Dr. ative that puts health, vim and spirits into those who lack these qualities. You will be stronger, better nourished, in better spirits, and sleep bet-

ter after using Dr. Hamilton's Pills. This wonderful medicine will do you good in a hundred ways. It will put apring in your step, and attractive brightness in your eyes, and on your cheeks will be stamped the glow and blush of a June rose. All this is possiple because Dr. Hamilton's Pills bring about vigorous digestion, persect assimilation, pure blood, and a proper working of all the organs.

The benefits from Dr. Hamilton's Pills come about in a natural, soothing, easy way, and girls and women of all ages are advised to try this oldtime remedy, which is sold by all dealers in 25c boxes.

#### Technical Tips.

The 28 inhabited islands known as the Gilbert and Ellice Islands Protectorate, or Pacific Islands, are scattered over a tract of ocean extending 1,100 miles from east to west and 800 miles from north to south, giving an area close to 1,000,000 square miles. At the last census the total population comprised 30,523 natives, 801 Asiatics and 297 Europeans.

The waterspout is constantly spinning. The moment is stors spinning it collapses. At a distance of a quarter of a mile above the sea level its spinning speed has been estimated at six miles an hour.

The first museum was part of the Palace of Alexandria, where learned men were maintained at the public cost, just as eminent public servants were in the Prytaneum at Athens. Its foundation is attributed to Ptolemy Philadelphus about 280 B.C.

A hat brush so small and light that it can be carried inside the hat has been put on sale in Paris. The bruen has a small clamp by which it is fast ened into the hat. It has two forms -one of soft bristles for felt hats, one of plush for silk hats, and neither style weighs more than half an ounce.

More than 70 different kinds of wood are used in the manufacture of umbrella handles.

supply is captured in the Pacific coast London's telephone and telegraph

wires extend to 73,500 miles overhead and 921,000 miles underground. Minard's Liniment Cures Garget in

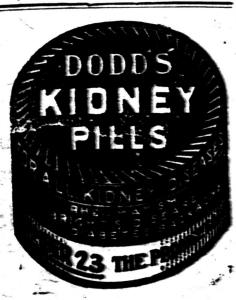
WHAT IS A CALORIE?

People Have Asked If It is a New

Breakfast Food.

Since food conservation has become a vital factor in carrying on the war against Germany, the layman has encountered in his reading the new word calorie. This word. which formerly appeared only in scientific journals, now jumps at once from the daily papers, from the magazines, agricultural and trade press. In a way, the Food Administration is partly responsible for the increased use of the word, and as a result has received letters from all parts of the country asking: "What is a calorie?" Some people have gone so far as to suggest that it is the name of a new breakfast food. while in one instance the enquirer stated he had heard that it was a new type of explosive discovered by the War Department and wanted to know what the Food Administration

When fuel is thrown on a fire under a boiler heat is produced. This heat is required in order that the engine may perform its work. To do work of any kind requires energy. Food used or burned in the human machine produces energy to maintain the normal heat of the body and to do its work. Work done by the body comprises not only that which requires muscular or mental exertion, but also involuntary exertion. such as the beating of the heart, the on of the lungs, etc. The nemical process within the body which transforms our food into enmay is similar in nature to the proess which takes place when fuel is burned over fire — though, in the



body, the burning takes place by and in every tissue, of in one central place. The value of fred is determined by the amount of energy it yields to the body; and it also has a building and regulating

It was necessary that a unit be established for measuring the amount of heat produced when food was completely burned . The unit chosen or universally adopted as the unit for measuring fuel value or energy value for any kind of food is called the calorie. It represents the same principle in measuring as the inch or foot, the units of measuring length; the pint the gallon, the unit of volume, and the ounce or pound, that of weight.

The calorie is the amount of heat required to raise the temperature of one kilogram of water 1 degree Centigrade, or one pound of water approximately 4 degrees Fahrenheit. Hamilton's Pills, a soothing tonic lax- Cur requirements of food, so far as the amount is concerned, can therefore to expressed in the number of calories needed for each person a It must not be forgothen that the calories must be derived from the proper kinds of food.-N. Y. Herald.

#### She Doubled His Crop.

"Say, how did you get along with your harvest last fall?" he asked of a

"Oh, pretty well-pretty well," was the reply. "I had no hired man, of course, but I picked up help here and there, and got through." "Did you have any women working

on your farm?" "Yes, I had one for two or three days. Sne said she knew all about farming, and I gave her a hoe and set her to digging potatoes. I don't think she had ever been on a farm before in her life, but she was anxious to earn

## KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous seasons for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach, and bowels, and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by main at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### They Conserved.

He had prolonged his visit till halfpast 10 o'clock, and it had been an enjoyable evening. As he rose to go he became nervous and stammered

"Miss-Miss Ruth, you do not read the newspaders, do you "Why, of course," she promptly anwered. "Don't you suppose that every woman and girl wants to know about Four-fifths of the world's halibut

the war?" "Y-e-s. Maybe you have read about

the new revenue tax." "Yes, I have read all about it." "And, in order to raise a billion dollars more, they are going to put a heavy tax on-on-on marriage

licenses "Yes, I saw that," she demurely replied.

"After sixty days they are going to put the tax on. This is a time to study economy and conservation, you know. If any couple was thinking aboutabout getting married, you know, they could save this tax by hurrying up a little.

"Yes, we must all conserve," she blushingly answered. And they went back to the parlor and had the whole matter settled in twenty minutes.

Minard's Liniment Cures Colds, Etc.

### Japan Likes Fat Men.

In this country when a man of average height takes on girth until his weight huns up to 300 pounds or so, his friends have grave doubts, about his condition and advise him to diet in order to bring back a slim elegance of figure, notes a writer. In Japan the contrary is true. If a man can carry 300 pounds of flesh fith an agility he is of the material from which heroes are manufactured, and if he can work up to the 400 or 475-pound notch . and became a wrestler, he is in the running for the championship.

Wrestling is to the Japanese what boxing is to us, and more. The populace goes crazy over it, and the magnates of the big game handle great sums in the way of gate receipts. The Tokyo Wrestling association controls the flower of Japan's heavyweights, and at its head is a 350-pound veteran. r. Dewanonmi, the holder of the championship for 11 years in succession—a record feat.

Cheap Form of Insurance You are insured against corns and bunions by the purchase of a single 25c bottle of Putnam's Corn Etractor. It cures painlessly in 24 hours. Try Putnam's Extractor, 25c at all dealers

### Fish Affected by Cold.

It has been proved that sudden cold cometimes causes the death of thousands of fish in the shallow waters of the tropics and subtropics. Many species are so chilled as to become helpless, and are either killed directly by drowning or are washed ashore in a comatose state. The phenomenon is known locally as "freezing," although the temperature of the water may be several degrees above the cold spells great numbers of fish are often killed along the Atlantic coast as far north as New England. Contact with cold air causes to water to cool rapidly, and the great expanse of shallow water around the Florida Keys and the many shallow bays that are little affected by tides afford favorable conditions for rapid cooling.-Family

Its Unmistakable to me **Economy** in Use-

# 100% Pure

100% Value

Sealed Packets Only.

#### RECIPES. SAVORY BEETS.

1-4 cup sugar, 2 teaspoons flour, 2 teaspoons butter substitute; 2 tablespoons vinegar, 1-4 cup water, salt and cayenne pepper. Make like white sauce and pour over boiled beets cut into inch dice.

QUICK CORN CAKE. 1 cup flour, a cup milk, 3 teaspoons baking powder, 1 cup cornmeal, 1 egg, 2 tablespoons oleq. Mix quickly, add-ing the melted fat last. Bake in an

oiled pan 25 minutes. BANANA CAKE. Line a baking pan with a rich biscuit dough, rolled out very thin. Cut

bananas into slices, arrange them on the dough in rows. Sprinkle over one-third of a cup of sugar, through which one-quarter of a teaspoonful of a little salt when making it. mace has been mixed. Moisten with the juice of one orange, one lemon, and one tablespoonful of orange marmalade mixed together. Cut bits of butter and put this over the top. Bake in a moderate oven 30 minutes. Serve with cream.

2 cups of ground walnuts, 2 cups of bread crumbs, 1 cup of cooked rice, 1 1-2 cups of hot milk, 2 eggs, 1 stalk of celery, 1 small onion, 1 tablespoonful of olive oil, I tablespoonful of inserting a screw eye at the top. browned flour, 3 sprigs of parsley. Grind together the nuts, celery, parsley and onion. Add the rice, bread crumbs, flour, olive oil, milk and eggs (white and volks beaten separately). Add salt and pepper to taste. Bake in a medium oven 45 minutes. This loaf is delicious served with a rich tomato sauce.

WHITE CORN FLOUR BREAD. Two pints white corn flour. two pints wheat flour, one pint beer yeast, one tablespoon lard, two tablespoons molasses or sugar. Mix flour thoroughly. Melt lard in one-half cup het water: when cool add yeast and molasses and mix as for bread, using wheat flour to keen it from sticking. This makes two loaves about the size of a baker's loaf.

## For Spanish Influenza

# MINARD'S

THE OLD RELIABLE-Try It MINARD'S LINIMENT CO., LTD. Yarmouth, N. S.

MUSH BREAD.

Early in the evening scald two tablespoons corn meal, a pinch of salt and one of sugar, with milk enough to make a mush; set in warm place till morning. Then scald as much soda with a pint of boiling water, then add cold water till lukewarm. Thicken to a thick batter with one part rice and the mush made the night before; stir briskly for a minute or two. Put in closed vessel in kettle of warm water (not too hot). When light, mix stiff, add a little shortening, mold into loaves and let rise. Bake 25 to 30 min-

utes in a good oven. CORNMEAL NUT CAKES.

Two cups yellow corn meal, two tablespoons melted shortening, three cups boiling water, one teaspoon salt, one egg, one-half cup chopped nut meats. Bring water and sait to boil, stir in corn meal, add nut meats, stir and cook ten minutes. Remove from fire and add egg well beaten and melted fat. Turn into greased tin and When cold slic eand fry in cool. hot fat. Serve with honey or maple syrup. Sufficient for six or eight

RYE MUFFINS.

Mix or sift one cup rye flour, one cup white flour, one-quarter cup sugar, three teaspoonfuls baking powder and one-falf teaspoonful salt: add one cup milk and one beaten egg. Beat well. Bake in muffin pans 20 minutes.

CHICAGO HOT.

One peck ripe tomatoes, peeled, chopped and drained through a colander for at least 1-2 day, 2 cupfuls chopped celery, 3 onions, 6 large green peppers, 1 or 2 small hot red peppers, all chopped fine, 2 tablespoonfuls white mustard seed, 2 tablespoonfuls cinnamon, 2 pounds sugar, 3 pints of vinegar, 1-2 cup salt. Mix seal, just store in crocks, and cover tightly.

Even the philosophical fish may follow the line of least resistance.

**HIRST'S** 

### Worth Remembering.

For meldew stains wet in strong suds, cover with paste of salt and soap and put in the sun. Arnica is always good for a bruised knee or a pounded thumb. Keen

cleaned with a flannel dipped in paraffin and should not be scrubbed. Chloride of lime in solution is an invaluable disinfectant and deodoriser, and is cheap enough to be used daily or weekly to flush waste pipes and sink drains.

To prevent mustard from drying and caking in the mustard pot, add Mud strains on dark clothes should first be brushed and then rubbed with

To clean and sweeten the coffee pct. put a little borax water in it. To keep ice from melting, cover it with a piece of flannel, then over that

The carpet sweeper, mop, atc., can be suspended without any trouble by When the kitchen is very crowded cup hooks, screwed along the ends or the sides of the kitchen table, afford handy places on which to hang the potato masher, kitchen scissors. graters, strainers, egg beaters and numerous other articles that are in frequent use.

Minard's Liniment Cures Distemper MEAT EXTENDERS.

Two Recipes to Make It Go a

Meat extenders are now in high favor, beans and rice especially coming under this head. Cheese is another

tem in this list.

ter, 1 onion, 1 tablespoonful fat.

Make a mush by stirring the cornmeal and 1 1-2 teaspoonful salt into boiling water. Cook in a double boiler or over water for 45 minutes. Brown the onion in the fat add the Hamburger steak and stir untir the red color disappears. Add the tomato pepper and sait. Grease a baking dish, add the seasoned meat,

SPANISH RICE.

Two cupsful stewed tomatoes, 1 cupful boiling water, 6 teaspoonful raw rice, 3 taplespoonful chopped onion, if desired, 2 tablespoonful fat, 1-2 to 3-4 of a cup of grated cheese, salt and pepper to taste.

Mix ingredients thoroughly, bake in moderate oven till rice is seft, about one hour. Stir often enough to keep rice from settling. One-half chopped green sweet perper may be added to vary flavor.

### NEVER SAW OCTOPI

Though Writer Tried to Lure One Into Sight.

Between the town of Theoule and the belvedere of the Esquillon, down along the water's edge, one never tires of exploring the caves. Paths lead through the pines and around the cliffs. The artist was attracted to the caves by the hope of finding vantage points from which to sketch Grasse and Cannes and Antibes and the Alps and the castle on Saint-Honorat. But he soon came to love the copper rocks which pine needles had dyed, and deserted black and white for colors. When the climate got him he was not loath to join in my hunt for octopi. Herbert Adams Gibbons writes in Harper's Magazine. The inhabitants tell thrilling stories of the monsters that lurk under the rocks at the Pointe de l'Esquillon and forage right up to the town. One is warned to be on his guard against long tantacles reaching out swiftly weil together and it will be ready for and silently. One is told that slipuse in a few days. Do not cork or ping might mean more than a ducking. Owners of villas on the rocks make light of octopus stories, and, as local boomers are trying to make Theoule a summer resort, it is explained that the octopi never come

a bottle handy. If your child's shoes stiffen after a walk in the rain. rub them over with warm water and then rub them with castor oil. Enamel bathtubs can be nicely

a freshly cut raw potato. This will

remove any trace of stain. put several thicknesses of paper.

Long Way.

The tamale pie, which serves six, is

Two cupsful cornmeal, 2 1-2 teaspoonful salt; 6 cupsful boiling wa- for making plants grow because of the er, stores, equipment, etc. pound Hamburger steak, 2 cupsful tomatoes, 1-2 teaspoonful Cayenne pep-

per, or 1 small chopped sweet pepper, teaspoonful salt.

and cover with mush. Bake 30

Minard's Liniment Cures Diphtheria.

quite so hadly as I wa and washing as an occupation which hope eternal plays the principal role I gradually abandoned other pursuits and sat smoking on rocks by the half day. I learned over again painfully the boyhood way of again paintnity the and lay face drinking from a brook and lay face with downward, on island stones. the enthusiastic help of my children, I made a dummy stuffer with pine cones and let him float at the end of a rope. Never a tentacle, let alone octopus, appeared. I had to rest con-tent with Victor Hugo's stirring picture in "The Toilers of the Sea."

A plotting wife encouraged the octopus hunts by taking part in them and expressing frequently her belief in the imminent appearance of the octopi. She declared that sooner or later my reward would come. She threw off the mask on the 1st of May. when she thought it was time to return to work. She announced to the artist and me that the octopi had gone over to the African coast to keep cool until next winter, and that we had beter all go to Paris to do the

## Catarrhai Catarrh Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure catarrhal deafness, and that is by a constitutional remedy. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflamation can be reduced and this tube restored to its normal condition, hearing will be destroyed forever. Many cases of deafness are caused by catarrh, which is an inflamed condition of the mucous surfaces. Hall's Catarh Medicine acts through the blood on the mucous surfaces of the system.

We will give One Hundred Dollars for any case of Catarrh Deafness that cannot be cured by Hall's Catarrh Medicine. Circulars free. All Druggists, 75c. Circulars free. All Druggists, 75c. F. J. CHENEY & CO., Toledo, Q.

#### Worth Remembering. Poor cooking creates waste, because

the tood will not be eaten.

In selecting bread pans, buy the narrow ones, which insures thorough

White oilcloth is an attractive and economical covering for a kitchen

Soap should never be rubbed upon a stain until it has been removed.

Badly spotted tan shoes should be put upon a shoe-tree and scrubbed with soap and water, allowed to dry. then pol.\_hed.

delicious flavor.

A little whipped cream added to

It is said if corns or bunions are wrapped in oil silk to exclude the air it will work a cure.

help yourself by drinking pienty of pure water. Six glasses a day should be taken between meais.

Use lemon juice and salt to remove iron rust, ink and mildew on white goods. To remove blood stains, soak weil in

No receptacle for spiled clothing, no matter how handsomely decorated. should be kept in a sleeping apart-

Wash gas globes in hot soda water. then in lukewarm ammonia water and rinse well in cold water and they will be beautifully clear.

### Why Women Bear Pain.

Women bear pain better than men. as is well known, but Dr. E. O'Neill Kane says that their tranquility is often receptive, being stoical submission rather than lack of feeling. He believes women are less often affected by shock than men; they endure surgical operations better and pass under anesthesia more rapidly, quietly and safely.

# **ACure for Pimples**

or any other strong mineral to cure pimples caused by poor blood. Take Extract of Rootsdruggist calls it "Mother Seigel's Carative Syrup—and your skin will clear up as freshan a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1.00 Bottles At drug stores.

### Pockets Quite Essential

Pockets are among the most useful things ever invented.

What a small town hick would do for a place to put his hands had he no pockets is hard to imagine. No man knows exactly how many pockets he has. If you don' thelieve it, ask the first man you meet. He can't come within four of it.

Each suit of clothes is equipped with 60 many of these repositories that the average "he" can't think right off the reel how many he has got. Give a man a suit of clothes without a single pocket, and he would be lost. Just look what a man carries around in his pockets:

Half a dozen letters, a can of tobacco and a pipe, or two or three eigars (more often these are worn in his vest just over his heart), a fountain pen, a pencil or two, a photograph of a disay broiler he doesn't want wifer

dollars costs three

quit. Use the "Wonder Oil Gas Burner." It has been on the market for the market for meanly eleven years. It burns gas made from coal off and air. Positively gives more heat then coal. It is safe odor-less, simple and sufficient. Use it in your cook stove heater or furnace. It is complete for 120.00. If no agent in your town send size of firebox with price, to the wholesale distributors.

BLUNT, WOOTTON CO.

161 Church street, Toronto.

FOR SALE.

FOR SALE BUSH LOT 84-LOT 1 concession 19. Tecumseh; 100 acres near Beston, Apply John McCoy, 46 King Street East, Hamilton.

GALLOWAYS COWS WITH CALVES at foot; also young stock for sale.

D. McCrao, Guelph, Ont.

WATER WHEEL FOR SALE, ONE shafting and gearing in good condition. For full particulars apply to the Slingsby Mrg. Co. Ltd., Brantford, Ont.

FARMS FOR SALE.

ciay and sand loam. Brick house, hasement harn, Cement silo, and other outbuildings. 3½ miles from Thamesville, Good water, Gravel road. Apply Geo, Dowswell. Thamesville, R. R. No. 5.

thing, a key ring with fourteen keys on it, some stamps, all stuck together. a few rubber bands, a memorandum book, a newspaper clipping or something the local paper said about him. a watch, a pocket chip, a card of two admitting him to his favorite club, a pockethook with some money in it, a laundry ticket, a rabbit foot, a slasp of a silk garter, a few cigar store coupons, a deck of cards, a pistol, a recipe for curing a cold, a piece of court plaster, a dream book, a lock of hair, and ad infinitum.

#### TONNAGE.

A Clear Explanation of Terms Confusing to a Landsman.

Without going into all the voluminous details of the rules governing ship measurement, about which there is considerable misunderstanding on the part of the public, the general rule is that the gross registered tonnage of a ship is her total cubic contents expressed in tons of 100 cubic feet. I'ne net registered tonnage of the

from the gross registered tonnage the cubic epace occupied by the engines, boilers, fuel space and crew's quarters, also expressed in tons of 100 cubic The deadweight tonnage of a ship is and altogether different matter, and is freshly grated horse radish gives it a t henumber of tons of 2,240 pounds

same ship is arrived at by deducting

weight which the ship can carry on her official load line, an dthis ton-Soap suds are said to be excellent nage includes cargo, fuel, boiler wat-The displacement tonnage another teature, and represents weight of water which the ship dis-

to whether she is in light condition of in loaded condition. As a practical example take the case If you are afflicted with rheumatism of a steamship of 5,000 tone gross reg-

places and which of course varies as

stered tonnage. This means that the cubical conents of this steamship, including machinery space, boiler space, fuel space, crew's quarters, etc., will measure 500,000 cubic feet. Her net registered tonnage will probably be in the neighborhood of 3,300 tons, which means that 170,000 cubic feet is deducted kerosene oil, then wash out in cold from her gross registered tonnage at the space occupied by machinery, boiler space, fuel space, crew's quarters etc., leaving available for cargo ap-

proximately 330,000 cubic feet.

The deadweight capacity of this steamship would be about 8,000 tons which means that it will take a load of 8,000 tons of 2,240 pounds of cargo fuel, boiler water, stores, etc., to pui her down to her official load line. The displacement of this same steamship, that is to say ,the weigh o fwater which she would displace it her light condition, would be approximatery 4,000 tons; while in her load ed condition at full draft the displace ment would be approximately 12,000 tons, i.e., the weight of water dis

placed when light plus the weight o

the cargo, fuel, etc., of 5,000 tons

would make a total water displace

ment of 12,000 tons. Of course practically every ship varies, and the illustration have given above represents about the situation on a modern cargo steam ship not built for speed; and practically every steamship works out finenest differently, depending on the or shape of the hull in its relation to the load that she will carry in weight as naturally a steamenip 11 K lines will not carry anything the load that a steamship with coarse lines will carry, for the former, cause of her fine lines. merge with a given weight faster that the latter.

"Does wealth bring happiness

come, I am not permitted

fee. Washington Star.

Stax.

should say not," replied Mr. Dustit

than two lumps of sugar in my col

"With all my enormous in

DRS. SOPER & White

SPECIALISTS

ARE NO

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guards Against Will Seek Strate Will Be Guards.

(From John W. D Canadian G London Cablethe Peace Conferen Paris in readiness tions of the allied next Monday at Fench Ministry of considerable propo

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