Don't Trust to Luck—

When ordering Tea, but insist on getting the reliable—

"SALADA"

5572

The Tea That Never Disappoints

Black, Green or Mixed — Sealed Packets Only.

Keeping Food Cool Without Use of Ice

As the weather grows warmer and ice slips into the ranks of commodities that march under the banner of H. C. L., the question of how to keep the refrigerator full this summer begins to worry the already sadly perplexed head of the family. But if you are handy with tools you can build an iceless ice box at a trifling cost, and the cost of operating will be nothing. Here is the way it is done:

A wooden frame is made with dimensions 42 by 16 inches, and is covered with screen wire, preferably the rustless kind. The door, made to fit closely and mounted on brass hinges, can be fastened with a wooden latch. The bottom is fitted solid, but the top should be covered with screen wire. Adjustable shelves can be made of solid wood or strips or sheets of galvanized metal. Shelves made from poultry netting on light wooden frames, are probably the most desirable. These shelves can rest on side braces placed at desired intervals. A bread-making pan, 16 by 16 inches, is placed on the top and the frame rests in a 17 by 18-inch pan.

AN ATTRACTIVE SURFACE.

All of the woodwork, the shelves and the pans should receive two coats of white paint, and one or two coats of white enamel. This makes an attractive surface and one that can be easily kept clean. The screen wire also may receive two coats of enamel, which will prevent it from rusting.

A cover of canton flannel, burlap or duck is made to fit the frame. If canton flannel is used, the smooth side should be out. It will require about three yards of material. This cover is buttoned around the top of the frame and drawn down the side on which the door is not hinged, using buggy hooks and eyes or large-headed tacks and eyelets worked in the material. On the front side arrange the hooks on top of the door, instead of on the frame, and also fasten the cover down the latch side of the door, allowing a wide hem of the material to overlap the place where the door closes. The door can then be opened without unbuttoning the cover. The bottom of the cover should extend down into the lower pan. Four double strips, which taper to eight or ten inches in width, are sewed to the upper part of the cover. These strips form wicks that dip over into the pan.

Operation of the refrigerator is as simple as its construction. The lowering of temperature inside the refrigerator depends upon the evaporation of water. To change water from a liquid to a vapor, or to bring about evaporation, requires heat. As evaporation takes place heat is taken from the inside of the refrigerator, thereby lowering the temperature of the inside and contents.

The upper pan is kept filled with water. The water is drawn by capillary attraction through the wicks and saturates the cover. Capillary action starts more readily if the cover is first dampened by dipping it into water or throwing water upon it with the hand. The great the rate of evaporation the lower the temperature which can be secured. Under ideal conditions the temperature has been known to be reduced to 50 degrees Fahrenheit. Obviously, weather conditions have a lot to do with this refrigerator. A warm, dry day, with a slight wind, is possible blowing on the cover, produces the best results in maintaining coolness of contents. —Robert H. Moulton, in Philadelphia Record.

Keep Your Health

TO-NIGHT TRY

Minard's Liniment

for that Cold and Tired Feeling, Get Well, Keep Well, Kill Spanish Flu. by using the OLD RELIABLE.

MINARD'S LINIMENT CO., Ttd.
Yarmouth, N. S.

Snails in Aquariums.

A large glass tank is not necessary for a house aquarium, says Boys' Life. Small, inexpensive glass boxes that make desirable indoor aquaria, as well as glass tubs and jars, may be obtained from dealers.

Do not buy a glass globe for an aquarium. These give a distorted view of the contents and are evidently uncomfortable for their animal inmates.

Goldfish are pretty and interesting, but they are common in such globes and not enough can be learned from them by the average student of nature. Fit up the aquarium as if you intended it for goldfish, then get something else.

You can catch many things, but do not put too many into one aquarium. One of the most interesting aquatic animals is the common water snail.

These are ordinarily kept in goldfish aquaria as scavengers, to clean up the debris and take off the green material that grows on the side of the glass. Most people think of snails as aids in keeping the aquarium clean, but they are in themselves real objects of interest.

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.

Write Templetons, 142 King St. W., Toronto, for free sample.

Reliable druggists sell them at $1.04 a box. 70

Tight Collars Muddle Brains.

Dr. Leonard Williams calls attention in the Practioner to the penalties that men and women have to pay for the erect posture. Instead of the heavy organs in their abdomens having the support of the floating ribs and the bony pelvis, as they have in the lower animals, they hang, gravity pulls them down and all sorts of displacements are the result.

There is but one advantage derived from the erect posture, according to Dr. Williams, but it is a most important one. This is the gain in drainage from the brain and other organs situated in the head. In the horizontal posture this drainage is sluggish, whereas man "invokes the aid of gravity to assist him in ridding his upper storey of effete matters. It is not inconceivable that this difference may explain the distinction between the 'intelligence,' which we concede to the dog and the 'intellect' which we regard as the monopoly of his master. The distinction would be greater still if the master did not so frequently nullify the difference by wearing tight, high collars to impede the all important drainage. A constricted neck means a muddled head; not infrequently it connotes a bad one and a pimply face."

Worth Knowing.

A dainty way to serve eggs for breakfast, luncheon or tea is to take round slices of bread, toast them delicately, butter them and dip them lightly in hot water. On each round spread the white of an egg beaten stiff with a speck of salt. Make a depression in the centre, in which place a whole yolk, set the toast in the oven just long enough to set the yolk and brown the white a little. Place on a platter and garnish with parsley.

Are you worried over rusty iron utensils? There's nothing like kerosene to remove rust from iron. Any metal article that is badly rusted should be immersed in kerosene and allowed to remain until the rust has softened. Then wipe it with a soft cloth and polish with steel wool or silver polish, according to the finish.

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

Frank 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 any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A.D., 1886.

(Seal) A. W. Gleason, Notary Public.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surface of the System.

Druggists 75c. Testimonials free.
F. J. Cheney & Co., Toledo, Ohio.

REGULAR RATES.

"Full up. No more beds."

"What will you charge me to sleep on a billiard table?"

"Forty cents an hour, regular billiard dates. I wouldn't profiteer on a man in trouble."

BRUCE'S SEEDS

Special Garden Collections

School Children's Collection—12 pkts. for $1.00, postpaid. 1 pkt. each Beans, Beet, Carrot, Corn, Cucumber, Lettuce, Onion, Peas, Parsnip, Radish, Squash and Turnip—our selection of varieties.

Small Garden Collection—¼lb. each, Beans, Corn and Peas, and 1 pkt. each Beet, Cabbage, Carrot, Cucumber, Lettuce, Onion, Parsley, Parsnip, Pumpkin, Radish, Spinach, Squash, Tomato and Turnip—1½ lbs. and 14 pkts. for $2.00, postpaid—our selection of varieties.

Suburban Garden Collection—1 lb. each, Beans, Corn, Onion Sets, and Peas; 1 oz. each, Beet, Carrot, Onion, Radish and one pkt. each Cabbage, Cucumber, Parsnip, Lettuce, Melon, Parsley, Spinach, Squash, Tomato and Turnip—4 lbs., 4 oz., and 10 pkts. for $3.50, postpaid.

Flower Seed Collection—Asters, six varieties, mixed colors, 50 cents; Dwarf Nasturtium, seven varieties, all colors, 50 cents; Tall Nasturtium, seven varieties, all colors, 50 cents; Sweet Peas, Royal Nosegay, seven varieties, all colors, 50 cents; Spencer Sweet Peas, six varieties, all colors, 50 cents; Various Flower Seeds, seven varieties, mixed colors, 50 cents.

FREE—Write for our 128-page Catalogue of Seeds, Plants, Bulbs, Garden Implements, Poultry Supplies, etc.

JOHN A. BRUCE & CO., LIMITED 223

Seed Merchants — ESTABLISHED 70 YEARS — Hamilton, Ont.

THE STUNG CLUB.

(St. Paul Pioneer Press.)

Rare is the day when the news columns do not bear testimony that something cannot be had for nothing. Men and women become parties to intrigue by embracing the conclusion that "here is something easy," or "here is something for nothing." And always they pay the price, if not in death or loss of liberty, at least in humiliation, grief and disgrace. Mortal flesh is weak, and that flesh which is immune to temptation is hardly flesh but a petrified derivative of it. That is why mere preaching slips too often past deaf ears if it gets within striking distance of the ears at all. But the counsels of observation and common sense are for us all to take or leave. And if we leave them, we have abundant opportunity to know, we are doomed sooner or later to join that large and inexclusive company of the stung.

IN EVERY STABLE

SPOHN'S DISTEMPER COMPOUND

is the one indispensable remedy for contagious and infectious diseases among horses and mules. Its success as a preventive and cure for DISTEMPER, PINK EYE, COUGHS and COLDS for more than twenty-six years is the highest tribute to its merit as a medicine. It is endorsed by the best horsemen and live stock men in America. Buy it of your druggist.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

Sufficient Unto Themselves.

United States marines who have hobnobed with Filipino head hunters and have long been friendly with the Chamorros of Guam, met their Waterloo when they tried to establish the entente cordiale with the Cha-Chas of the Virgin islands.

According to the marines the Cha-Chas are "poor mixers." They live on the west side of the harbor of Charlotte-Amalie, decline to mingle or intermarry with the negroes, and resent any outside interference with their affairs. They are the hardest drinkers and best workers on the island, their industry bringing them a good living as fishermen and weavers of straw hats. The tribe is said to have come originally from the Dutch and French Leeward islands.

So far the marines have taken only long listance observations of the Cha-Chas. For while the tribe is not hostile, its members indicate that they want to be left alone.

MURINE FOR YOUR EYES

Night and Morning. Have Clean, Healthy Eyes. If they Tire, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists and Opticians. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

WIDELY DIFFERENT

Are Islands of New Zealand and Australia.

"Usually, in our mental geography, Australia and New Zealand are conveniently grouped, yet one of the first surprises awaiting the tourist from the northern hemisphere is to find that Australia and New Zealand may not be regarded as two islands of like appearance, differing mainly in size; near neighbors which may be treated as a unit," says a communication of the U. S. National Geographic Society from Herbert E. Gregory.

New Zealand is nearly twice as far from Australia as Bermuda is from New York, and it is not only east, but also south.

"Four days' travel across a chilly sea is required for the traverse from Wellington to Sydney, and after exchanging chill midsummer climate of the New Zealand lake region for the heat of Adelaide, one readily accepts the evidence of the map that the southern coast of the Australian mainland has the latitude of central New Jersey, while the southernmost of the three islands which comprise the Dominion of New Zealand occupies the position of southern Newfoundland.

"In climate and vegetation the two dominions are as unlike as Norway and South Carolina. New Zealand is a land of mountains, gorges, rivers and fiords. The higher peaks of the south island are eternally snow-capped and the glaciers of its southern Alps rival those of Switzerland. The surrounding seas are too cold for corals. Among the mountains of the North Island volcanic fires are still active, and the geysers and hot springs are little less impressive than those of the Yellowstone Park. The aboriginal inhabitants of New Zealand, at the time of their discovery by Captain Cook, were the most advanced of all the South Pacific races, while the aborigines of Australia are the lowest in intelligence of all human beings.

"Australia is in no sense inferior to New Zealand in geographic interest, but lofty peaks, profound canyons and active volcanoes are lacking; its rivers are unimpressive and its permanent lakes small and few in number; it is a continent composed of plains, interrupted by ridges and knobs."

Arctic Night.

Viewed solely as a matter of optics the Arctic night is as dark as any night. Explorers in high latitudes say, however, that there are many alleviations of the obsecurity. The stars flash keenly, the moon comes along in a regular succession of phases, the snow surface relieves the gloom under conditions of the utmost absence of light, and the aurora borealis is the finest kind of illuminant. Explorers all agree that their men pass the winter night without much difficulty if only there are means of amusement.

Minard's Liniment Relieves Neuralgia

THE ALEUTS.

A Peculiar Tribe Lives in the Far North.

Peculiar in their way were thirteen mummies found a while ago in a cave on Ragamil Island, which is one of the Aleutian chain. They were wrapped in skins and nets; but the remarkable point about them was that the cavern which served them as a burial vault, was steam-heated. In coldest winter weather it was kept warm by volcanic fires.

Eleven of these thirteen mummies are now in the National Museum at Washington. They are completely desiccated.

It is suposed that ancestors of the present-day Aleuts mummified their dead, not for any religious reason, as did the Egyptians of old, but because they did not want to part with them. Their method was to wrap their defunct relatives in the skins and intestinal membranes of sea mamals place them in a squatting attitude on wooden trays, and hang them up in dry caves.

Many of these mummies that have been found are undoubtedly very ancient; but of the origin and early history of the Aleuts nothing whatever is known. Some authorities are of opinion that they came from Japan. At the present time they are much mixed, racially speaking.

They spoke the Russian language at the time when, in 1867, the Aleutian Islands passed with Alaska, into the possession of the United States. Then, until 1884, they were left to themselves and governed themselves. They have now forgotten the Russian tongue, and are becoming Americanized. Most of them live in clean wooden houses and wear continental clothes. The women weave wonderful fabrics of grass, so finely plaited as to resemble silk.

Minard's Liniment for sale everywhere

Always a Silver Lining.

He looks as if he might be a member of the diplomatic corps, but he isn't—being a salesman in a time-honored department house on Seventh street, which in one respect, anyhow, is something equally as good.

Also, he has a wife who must be a cheerful-robin type of little woman, for when she peeped in on her husband the morning the order went forth that stores were not to be opened until ten o'clock she accepted the news cloud with the bouyancy of one who knows a silver lining when it comes her way:

"Why, James"—James is the diplomatic-looking husband—"now you can help me with the breakfast dishes, can't you?"

Oh, yes, the silver linings are there, all right—provided we don't concentrate too morbidly on the cloud side of a situation. —Washington Star.

RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone's assistance, you can apply the best of all treatments.

PILES TREATED AT HOME

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

Address

MRS. M. SUMMERS, BOX 8,
Windsor, Ont.

A Windfall.

The origin of "windfall," in the sense of "good luck," dates from the time of William the Conqueror. It was than a criminal offense to cut timber in the forests. Only such could be gathered as the wind had blown down; hence, a heavy windstorm was hailed by the peasants as so much good luck, and from this comes the modern application of the expression.

Minard's Liniment Cures Burns, Etc.

EVERBODY HAPPY.

Much to his annoyance, they were late for the game, arriving at the sixth inning.

"What's the score Fred?" he asked a fan.

"Nothing to nothing."

"Oh splendid!" she exclaimed radiantly. "We haven't missed a thing."

DR. WARD The Specialist

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

Men, Are You in Doubt

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there failing power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS.

Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrestful sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 29 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 29 years in treating men and their ailments.

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumatism, stomach and liver trouble, acne, skin disease, catarrh, asthma, rectal troubles, piles, fistula and blood conditions.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

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Wherever You Live.

The woman in town, or country, has the same advantage as her sister in the city in expert advice from the best-known firm of Cleaners and Dyers in Canada.

Parcels from the country sent by mail or express receive the same careful attention as work delivered personally.

Cleaning and Dyeing

Clothing or Household Fabrics

For years, the name of "Parker's" has signified perfection in this work of making old things look like new, whether personal garments of even the most fragile material, or household curtains, draperies, rugs, etc.

Write to us for further particulars or send your parcels direct to

Parker's

Dye Works Limited
Cleaners & Dyers
791 Yonge St., Toronto

ISSUE NO. 16, 1920

FARMS FOR SALE

FARM FOR SALE—120 ACRES—including 10 acres of timber; fair buildings and fences; 1½ miles from village of Scotland. Apply Box 62, Scotland, Ont.

148 ACRES, WELLINGTON COUNty, $85 per acre, choice clay loams, 10 acres hardwood bush, well drained and in a high state of cultivation, no waste land, good water supply, convenient to town, school and church, rural mail and telephone, good road. The buildings are nearly new and valued last year at $9,000 by Fire Insurance valuator. This farm has never had a crop failure and is second to none for producing grain or hay. Terms reasonable. Box 9, Moorefield, Ont.

35 ACRES CHOICE FRUIT FARM, corner lot, near the Lake, convenient to stations and market, well planted with an assorted variety of fruit, bearing, virgin soil, never grain cropped, and especially adapted for fruit and garden produce. Good buildings, lawn, etc., offered at a bargain for quick sale. Immediate possession. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 934).

HELP WANTED—MALE.

LOOM FIXER—KNOWLES LOOMS, on heavy Woollens. For full particulars. Apply, Slingsby Mfg. Co. Ltd., Brantford, Ont

HELP WANTED

WANTED

FIRSTCLASS KNITTER, EXPERienced on Dubied Flat Fashioning Machine. Good wages paid to capable man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

WOOLLEN MILL HELP WANTED—We have several good openings for experienced and inexperienced male and female help. We require girls for weaving and winding. Every assistance given to learners, and good wages paid during apprenticeship. Workers in this line earn very high wages, and are always in demand. Only a couple of weeks' time necessary to learn. Several good openings for steady men. Special consideration shown to family of workers. Rents and costs of living reasonable in Brantford. Moving expenses advanced to reliable families and housing accomodation arranged. Full particulars cheerfully furnished upon request. Write us. The Slingsby Manufacturing Co., Ltd., Brantford, Ontario.

WANTED—SPOOLERS FOR COTTON mill. Steady work. Highest wages, Slingsby Mfg. Co., Ltd., Brantford, Ont.

PROPERTIES FOR SALE.

FOR SALE—FLOUR MILL UP TO date. Water power; also a quantity good split pulleys. Wheelock engine. A Shaw, Hawkestone, Ont.

FOR SALE—STANDARD HOTEL, partly furnished, all equipments. Nearest town to Radium Discovery. Prospects of big boom. Ideal tourist resort, also store with some stock. Address Box 27, Kearney, Ont.

MISCELLANEOUS

IT IS ALWAYS SAFE TO SEND A Dominion Express Money Order. Five dollars costs three cents.

The Song the Mother Sings.

O sweet unto my heart is the song my mother sings
As eventide is brooding on its dark and noiseless wings,
Every note is charged with memory, every memory bright with rays
Of the golden hours of promise in the lap of childhood days.
The orchard blooms anew, and each blossom scents the way,
And I feel again the breath of eve among the new-mown hay,
While through the halls of memory in happy notes there rings
song my mother sings.

It's a song of love and triumph, it's a song of toil and care,
It is filled with chords of pathos, and it's set in notes of prayer,
It is bright with dreams and visions of the days that are to be,
And as strong in faith's devotion as the heartbeat of the sea;
It is lined in mystic measure to sweet voices form above,
And is starred with brightest blessing through a mother's sacred love,
O sweet and strong and tender are the memories that it brings
As I list in joy and arpture to the song my mother sings.

—Thomas O'Hagan.

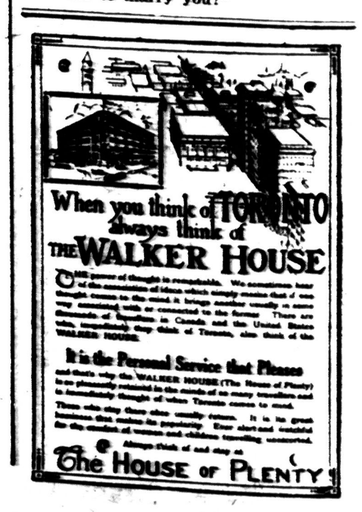
Minard's Liniment Cures Dandruff.

"H. C. of L." in Nelson's Day.

The returned soldier, who is disgusted to find how horribly dear everything is, will enjoy this tory of Horatio Nelson.

The admiral was dining with Beckford, the author of "Vathek," and a very rich man. Owing to the great scarcity of wheat, even such folk often denied themselves bread at dinner Lord Nelson asked for bread, and when told by a servant that bread was not served at Mr. Beckford's table, he looked angry, drew from his pocket a shilling, and sent his own servant to buy a loaf, observing that, having fought for his bread, he was not going to be denied it by his fellow countrymen.

A POSER.

"My wife can't be fooled."

"Then how on earth did you ever induce her to marry you?"