Talks

Ventilated Rooms and ke It a Practice to See Their Health Habits;

ogress in Home and

he health and physical conhe children, but a chance is ven to teach them to eat not to bolt their food down, ew it well and so put no on the stomach in trying to food for digestion. There be an opportunity for the demonstrate to the pupils tages of cleanliness in the reparing and serving of general hygienic surround-od should be thown pro-n flies, and way it should most important food prowhy one kind of food is able than another from a of nourishment. e brought home to children

easily and readily than for in the young the brain and has not yet developed e prejudices that often are ly formed late in life. id-day school meal also, a vo eculd be told the chilvitamines, those essential mall elements in natural keep people of all ages se vitamines are found in

to see what good results apected from such a midnd little talks to the chilthe finish. This feature s much a necessity in rural the blackboard and chalk, lool, however far back in should be without it.

such as fresh milk, fruits.

the question of what to to eat is neglected in the Many a family there is try where the mother not attend to the children and ork, but she also cooks live stock feeds and tends and many of the other ecessary jobs that have to farm.

ren must obviously be nen such a state of affairs often exists because the be done and there is nomother to do it. Every family in the sountry urged to provide leisure to attend to the proper preparing of meals for the These meals are often preedly, and with no thought nutritional value; it is estion of expediencey, se drudgery has to be done. on of things should not attention should be given feeding up till they are age, and ready to start thers should regard the children as one of if not portant tasks in her daily k, and nothing else should interfere with it. a child is fed in the first

f life has a large bearing

cal condition in years to

'ABLE

F BOOKS."

walf left on a doorstep up in a Foundings' Inwas a strange child and oe a strange man, always nfriendly. His only hapto swim; and to gaze ted windows upon other piness. When he was old he looked through the piace he felt was home, was welcomed by Lady her husband the re-in-Nigel Tintagel.

ot be fair to tell more of specially as I would like m my readers concerning snificance. Suffice it to is written in Mrs. Barway with an obligate of e Bar" and biblical quo-

at you think of it. Ad-Murray, 64 King William

le Heights," by Marie nler, author of "Slippy ublished by McClelland &

rs. Oemler's latest novel,

ich in laughter and tears. ramatic situations, and in her elements that endear great public, as was the st astonishing success, reaux Champneys' widow-

ved in a three-room house South Carolina, and this last of the once powerthe Champheys. Sha little food and too much le little boy, who had alpronounced a dunce at me an odd-job youngster and a fisherman on the his beloved mother, dyhim to raise the name of

to greatness again. the "purple heights" afar, that he had discovered a we his mother's ambition. outh Carolina, promoted d-jobs to clerk in a hardand could do no more. ot disappoint his mother she would know when the "purple heights." By York and Paris, by way uffering and the gift that ald not see, by way of an unknown girl who ind then to an unknown loved him Peter achieved heights."

feat ever an open gap in

ive system of cross-town forms is likely to be built as feeders for the main Pure, Clean,

Economical

Preserved & sold only in Sealed air-tight packets to preserve its native goodness.

"SALADA"

Used in Millions of Tea-Pots Daily

BUSH FRUITS AND THEIR CULTIVATION IN CANADA

(Continued from last week).

Description of Varieties of Black Currants.

Eoskoop (Giant) .-- Fruit large to very black; skin thick; pleasantly subacid; good flavor; quality good. Season medium late. This is a comparatively new sort from Holland: The bush is a strong grower, but in Eastern Canada it has not proved so productive as some others. Where subacid, good flavor; quality good to the currant maggot is troublesome this variety has not been so much affected as thinner skinned sorts.

Buddenborg.—Fruit large to very large in medium bushes, black; skin thick; pleasant subacid; good flavor; quality good. Season late. This variety was first imported from England to the Experimental Station, Agassiz, B.C., and has proved the most productive of the very large fruited rather thick; briskly subacid, good varieties at Ottawa. Worthy of more extended trial.

Champion.—Fruit medium to large in small bunches, black; skin thick; subacid, and of good flavor; quality above medium. Ripens unevenly. Season late. A medium grower. Has been grown to a large extent commercially in Ontario, but is not so productive as some others.

Climax (seeding of Black Naples seedling).-Orig. Wm. Saunders, London, Ont.; transferred to Exeprimental Farm, Ottawa, 1887. Fruit above medium to large in large bunches; skin moderately thick, fairly tender; briskly subacide, and of good flavor; quality good. Season medium to late. Bush a medium to strong grower and very productive. This has proved quality. Season medium. A meone of the best of Dr. Saunders' black currants, and on account of its great tawa because too tender, but yields productiveness and good quality should be tested by all growers of black currants.

don, Ont.; transferred to Experimental Farm, Ottawa, 1887. First This has proved a very productive medium to large in large bushes; skin variety at Ottawa. A strong, modmoderately thick, tender; briskly erately-spreading grower. subacid, and of good flavor; quality | Fap (Fap Prolific) (probably a good. Season medium to late. Rip- | seedling of Cherry).-Orig. 1868, Linens somewhat unevenly. Bush a coln Fay, Chautauqua Co., N. Y., and strong grower and productive. This introduced about 1883. Fruit large

is a good variety. in large bunches; skin thick; acid; medium to above medium. Season quality medium. Season late. Rip- medium. Fruit buds too tender at Otens rather unevenly. But a strong tawa. Bushes also break down. In grower and productive. Not so good middle districts is a strong grower in quality as some others.

Hagle (seedling of Black Naples seedling).-Orig. Wm. Saunders, London: Ont.; transferred to Experimental Farm. Ottawa, 1887. Fruit mediu. above medium in size in well-filled to large, mostly large in medium bunches; bright scarlet; pleasantly bunches; skin moderately thick; acid; quality above medium. Season briskly subacid; quality medium. Season medium. Ripens somewhat unevenly. Bush a strong grower and averages well in size and is a good productive. Although this is a productive variety, it is not as good in quality as some others.

seedling).-Orig. Wm. Saunders, Lon-les; bright scarlet; very acid: quality don, Ont.; transferred to Experimental, medium. Season medium to late. Farm, Ottawa, 1887. Fruit medium One of the strongest growing and to large bunches; skin moderately hardiest varieties, but the fruit is not thick, fairly tender; subacid; quality quite large enough and it is too acid. good. Season early. Ripens evenly. Bush a medium to strong grower and productive. A good current on Season medium. A strong grower, account of productiveness, size and and has proved very productive at quality.

Kerry (seedling of Black Naples seedling).—Orig. Wm. Saunders, Lon- medium in size in well-filled bunches; don, Ont.; transferred to Experimen- bright scarlet; acid; quality medium. tal, Farm. Ottawa, 1887. Fruit above A strong moderately-spreading growmedium to large; skin thick but ten-er. Only moderately productive at der; briskly subacid; quality above Ottawa, but has yielded well at the medium to good. Bush a strong Charlottetown Experimental Station. grower and very productive. This Perfection (White Grape x Fay). variety and Climax are, perhaps, the Orig. Chas. G. Hooker, Rochester, N. most outstanding commercial var- Y., 1887, Introduced by C. M. Hooke? ieties of Dr. Saunders' black currant & Sons, 1902. Fruit large to very seedlings. The Kerry is proving a large in long, well-filled bunches; very valuable variety to those com- bright scarlet; pleasantly acid; quality mercial growers who have tried it be- good. Season medium. A strong, cause of its great productiveness com- moderately upright to spreading growbined with good size.

Lee (Lee Prolific).-Fruit medium to large; skin rather thick; briskly subacid; quality above medium, Season medium. A strong grower, but only moderately productive as com- bunches; bright scarlet; acid; mepared with the best of the Saunders' dium quality. Season medium. A

Magnus (seedling of Black Naples seedling) -Orig. Wm. Saunders, Lon- variety, the fruit averaging of good Jdon, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit large: skin rather thick; subacid, good size in long, well-filled bunches; flavor; quality good. Season medium. bright rather pale scarlet; acid; me-A strong grower and very productive. dinm quality. Season late. Mod-A good variety because of size control productive. A strong upfruit, quality and productiveness.

Merveille de la Gironde.-Fruit below medium to medium in size in medium to large bunches; skin mod- in medium to long, well-filled buncherately thick, tender; briskly subacid, es; bright scarlet; acid; medium qualgood flavor; quality good. Season lity. Season medium. Very promedium to late. Ripens more evenly than some. A very strong grower. ing grower. A very hardy sort. One of the best in quality but rather Foliage better than some. small. Has done well at the Lethbridge Experimental Station.

small bunches; skin thick; briskly Season medium. Very productive. subacid; quality medium to above Season late. A medium grower; Not nearly so productive as many of Saunders' seedlings.

Saunders (seedling of Black Naples Fruit medium to large; light scarlet seedling).—Orig. Wm. Saunders, Lon-don, Ont.; transferred to Experi-mental Farm, Ottawa, 1887. Fruit others for eating raw because not so

above medium to large; skin thick; briskly subacid; quality medium. Season medium. A strong grower and very productive. One of the best commercial varieties but not as good in quality as some others.

Success (seedling of Black Naples seedling).-Orig. Wm, Saunders, London, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit large; skin moderatly thick, tender; very good. Season very early. Ripens evenly. The bush is a rather weak grower and the variety is not very productive, but may be useful as an extra early variety of good quality for home use.

Topsy (Dempsey black current x gooseberry).—Orig. Wm. Saunders, is too tender in fruit bud at Ottawa. Experimental Farm, Ottawa, Ont Fruit above medium to large; skin flavor; quality good. Season medium. Ripens evenly. This is a hybrid between a black current and a hybrid between a black currant and a cross-bred gooseberry (Houghton x Broom Girl.) From this cross five plants grew. Of these, four had foliage resembling gooseberry and one, the Topsy, had black current foliage and fruit and cannot be distinguished from a black current. Bush is a strong grower and productive.

Descriptions of Varieties of Red Currants. Cherry.-Orig. probably Italy. Introduced from Italy in France where it fruited in 1843. Fruit large to very large in long, well-filled bunches; deep scarlet; arid; medium in dium grower. Unproductive at Ot-

well in milder districts. Perfection Cumberland Red.—Orig. C. L. Stevens, Orillia. Ont. Fruit medium to Clipper (seedling of Black Naples labove medium in size in bunches of seedling).-Orig. Wr. Saunders, Lon- medium length; bright scarles; acid; medium quality. Season medium.

to very large, in long, well-filled Collins Prolific.—Fruit mostly large bunches; deep scarlet; acid; quality and productive, but is being superseded by perfection.

Greenfield.—Orig. S. Greenfield, Ottawa East, Ont. Fruit medium to medium. A strong, moderately-spreading grower. This variety

cropper. Holland (Long Bunch Holland).-Fruit small to medium, mostly me-Eclipse (seedling of Black Naples dium, in very long, well-filled bunch-Knight Large.-Fruit large; bright scarlet; acid; quality above medium. Ottawa.

La Conde.—Fruit medium to above er and very productive. Has proved much hardier than Fay or Cherry.

Pomona.—Introduced by Albertson and Hobbs, Bridgeport, Ind. Fruit medium to large in long, well-filled moderately vigorous, spreading grower and productive. This is a good

Prince Albert.—Fruit above medium right grower and useful to lengthen the season.

Baby Castle.-Fruit small to medium ductive. A strong, mederately spread-

Rankins Red.-Fruit small to medium to long, well-filled bunches; Naples.—Fruit medium in size in zright scarlet; acid; quality medium. A strong, upright grower. Red Cross (Cherry x White Grape) -Orig. Jacob Moore, Uttica, N. Y. Introduced by Greens Nursery Co.

ately strong grower, sp productive. Hardler than the larger fruited varieties.

Red Dutch.—Fruit small to medi in long, well-filled bunches; bright scarlet; acid; quality medium. son medium. A strong, moderately spreading grower and very productive. One of the hardlest and most productive.

Red Grape.-Fruit medium to large n bunches of medium length only about half filled at Ottawa, scarlet, acid; quality about medium. Season medium. A strong upright grower, productive and very hardy. The variety London Red cannot be distinguished from it. The foliage of Red Grape is not so subject to leaf spots disease as most others.

Stewart.-Orig. Minnesota. Fruit medium size; scarlet; acid; medium quality. Season medium. This has done very well on the Prairies where it has proven one of the hardiest. The foliage of this variety is particularly

Versaillaise (seedling of Cherry) .-

Orig. M. Bertin, Versailles, France.

Fruit large to very large in long bunches usually about two-thirds filled at Ottawa; deep scarlet; acid; quality medium. Season. A moderately strong grower. Not productive at Ottawa where fruit buds are winter-killed. Very similar to Cherry as grown at Ottawa. Victoria.-Fruit medium to almost large in medium to long, well-filled bunches; bright scarlet; quality me-Season medium. A strong.

good size. Wilder (seedling of Versaillaise). Orig. E. Y. Teas, Irvington, Ind. Fruit arge in long, well-filled bunches; bright scarlet; pleasantly acid; quality above medium. Season medium. A medium to strong upright grower. Very productive in some places, but

moderately upright grower, produc-

tive. This is one of the best var-

ieties for colder districts, being hardy,

WOMAN,S BEST LAXATIVE

(Continued next week).

Proved Every Day That Dr. Hamilton's Pills Are Just Right for Woman's Ills

Little wonder woman suffers so much from constipation. She always hesitates, continually puts off taking medicine. Of course a woman's, system is

delicate, is easily injured by drastic purgatives. Bitter experience with harsh medicines makes her cautious, tnd to her great injury, chronic sluggishness of the system is per mitted.

Few pills are suited to the actual needs of woman—they are too strong. But there is a good woman's laxative, and it combines mildness with thoroughness of activity-it is known strength or circumstances of health may be. A naturalness and regularity of the system, so important to every woman, is quickly acquired by the regular use of Dr. Hamilton's Pills As a health-bringer, as a tonic laxative, as an all-round ladies' medicine, there is positively nothing so efficacious as Dr. Hamilton's Pills of Man drake and Butternut; 25c per box, at all dealers.

HILL 60 TO BE HOTEL. "Hill 60," the scene of many of the

hill, which was destroyed by mines and continuous bombardments which went on from the beginning of the to the end of the war.

THE OLDEST MAN LIVING. If asked about his corns would say they didn't bother him because he always used Putnam's Corn Extractor. For fifty years "Putnam's" has been the favorite because painless and Try only "Putnum's," 25c at all dealers.

Minard's Liniment Co., Limited.

Sirs,-I have used your MINARD'S LIMIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours. If rubbed between the hands and inhaled frequently, it will never fail to relieve cold in the head in 24 hours. t is also the best for bruises, sprains, etc.

Yours truly, J. G. LESLIE. Dartmouth.

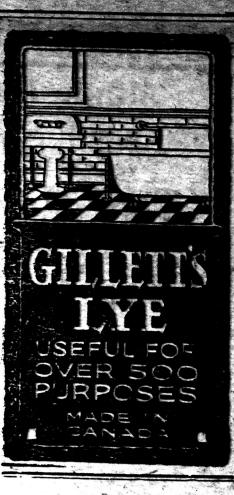
THE BEAR HAD 'EM.

A tourist traveling in the Rocky Mountains who introduced to an old delighted to be able to advise other to come back to June and her very hunter who claimed to have killed no mothers to use them." The Tablets real problem. When you were away, lewer than a hundred bears. "Bill," said the introducer, "this fellow wants to hear some narrer escapes you had from bears." "Young man," said Bill, "if thar's

been any narrer escapes, the bears had 'em.' Corns are caused by the pressure of

Cure is available. Egypt has a railroad which runs in Comfort for the Dyspeptic.—There is straight line over the desert for a is no aliment so harassing and exdistance of furty-five miles.





DO YOU ESLIEVE IT? War stories are very prevalent jus!

now, but one of the best is provided by a young army veteran in Bradford. Eng., who has pretty well circumnavigated the globe on two or three occasions. Among other places where productive, and the fruit averaging a he has seen service was with Kitchener in the Soudan, and he tells a very interesting story of what is probably the most novel musical "instrument' that has yet been invented. As the battle of Omdurman the native women followed up their troops, carrying sacks of stones for slings, babies on their backs, and other impediments. When the natives' attack was turned into a rout, and they faced about for the retreat, our Britishers were astonished to find the field covered with babies who had been thrown away in the flight. Our local humorist, finding that there was a great variety of musical tones displayed in their watis, picked out a suitable eight, set them up on a plank, and, by a little ercouraging, obtaining a complete octave, from which, by gentle pushing, he got a variety of music.

DOES YOUR EARS RING? HAVE YOU CATABRH?

A buzzing noise in the head is the advise is to slowly inhale Catarrh- are puzzling me. ozone a few times each day. Th soothing vapor of Catarrhozone cures Girls" and am of the opinion that your tors and herb doctors. For 8% milthe Catarrhal, condition, and hearing advice is quite worth while. to the people of many nations as Dr. improves at once. Head noises, buzz-Hamilton's Pills, which never gripe, deafness, throat, nose and lung Canever cause nausea and are safe to use no matter what the conditions of so efficient. The large one dollar outfit lasts two months and is guaranteed; small size 50c. Sold everywhere by dealers, or The Catarrhozone Cc., Kingston, Ont.

> ORIGINAL HUMAN BEINGS IN CHINA.

The western part of Sze-chum Province, China, might well be called the Museum of the Human Race, the asyet-undiscovered happy hunting ground of the ethnologist and physiognomist. Here are to be found errible minor engagements fought in the surviving remains in the most the Ypres salient, has been sold to an heroic struggle for existence that English company, which proposes to humanity has ever waged and who. erect a hotel on the site for the con- for lack of a better term, we call the venience of visitors to the Ypres "Tribesmen." The Chinese call them salient. Little now remains of the "The Eighteen Nations," but it is helieved that there are several times eighteen nations or tribes, each under its own king, council, or feudal lord, first battle of "Hill 60" in April, 1915, independent or semi-independent of each other and of the Chinese in whose borders they dwell. Among the tribesmen are found representatives of the black, yellow and white branches of the human family, and some of them, especially the dwarf peoples, are believed to be of very ancient origin.

Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice, given after a careful trial, can be readily followed with assured good results. The Tabare sold by medicine dealers or by mail at 25 cents a box from The Dr.

CHILE'S BUSINESS METHODS CHANGING.

At present according to a consular report, Chile is passing through a tight boots, but no one need be transition period as regard both advertroubled with them long when so sim-ple a remedy as Holloway's Corn borrowed from the United States are heing adopted.

hausting as dyspepsia, which arises from defective action of the stomack

Advice to Girls

nd have been keeping company with only several months older for 8 years. A year ago we had a fall-out which lasted some months, then we made up friends again and intended, as was his wish, that as soon as his one sister was married we would get married too, and she has now been married for a couple of months and he has never mentioned anything specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people last time I saw him he seemed rather distant to me, and seemingly he is else."

rather falling in love with my sister. The sort of thing which the specwho is not as old as I am. Now Miss lalist spoke of is the hervous run-Rosalind would you please tell me down condition caused by overwork whether it would be proper for me to and the many enxieties of to-day. Sufferers find themselves tired, lowdo you think it would be out of place? spirited and unable to keep their i have a good position, but I feel that minds on anything. Any sudden noise am wasting my time living like this, hurts like a blow. They are full of as I never know what minute he will turn back from me when I would be well at night. Headaches and other left as I think he is the only man I nerve pains are part of the misery, could be happy with.

During our fall-out I had several op-

portunities to get married, but would not accept them as I felt I did not love them, but this young man I dearly love and to not win him would break my heart. Would you please give me your advise how I could find out whether he really intends to marry me or not as I am worried terribly. Hoping to see your advise soon. WORRIED ELIZABETH.

Dear Elizabeth:-In the first place, Elizabeth dear, stop worrying! Don't you know that worrying will bring wrinkles and a strained anxious expression which is not at all becoming. And you would think to hear you talk that twentyfive were fifty-eight. You are just reaching the age when a girl can make herself really entertaining and charming and when she can look her best. You just make up your mind to look so nice and act so prettily that your young man will sit up and take. notice. After eight years of loving him and waiting his beck and call he is too sure of you altogether. Just make him a little axious about whether you want him or not and he'll step

Dear Rosalind:

beginning of chronic Catarrh. If not I am twenty-one years of age, and checked the results is deafness. A would like to ask your advice consimple remedy that many physicians cerning one or two questions which

I have been working in Toronto the past four years, and led quite a lone-ly life as I was too timid to make aquaintances in the city. There was a vacancy in one of my home town offices, and I returned in June to take the position as I would be once again at home and in the midst of all my

It seemed to me my mind and body were fairly craving for a jolly time, as kind since going to the city, and insettled here. You will understand that I have been deeply disappointed or I should not be writing for advice. The girls and boys have their steady chums, and I do not care for the others, and perhaps I couldn't have shall tell you my ideal if you care to listen and then you can tell me if cific to Central America and the Carib-I am too particular as mother says: do not like any one that smokes. ligion, I cannot understand whether it is because I do not keep the conkeeps every one so distant. I also in some one of those whom I would Philippines and New Zealand. like, they would only betray the confidence. I am judging them from what they tell me of others. One more thing I do not know if I am too all the earthquakes recorded on the sensitive of hurting other people's

be. Please advise me. i trust you will pardon me for taking up so much of your time and hope to see your helpful answer in "Advice to Girls."

feelings, but I do not think one can

Dear June:-I consider your letter very thoroughly worth while; and it is the kind of can be carried without fear of breaklets are a mild but thorough laxative letter I love to get. When somewhich never fails to regulate the bow-thing is really causing one of "my els and sweeten the stomach. They girls" unhappiness I want to know ly do harm even to the youngest Some times the help is just under-Practitioner (London) that eating too babe. Concerning them Mrs. P. Le. standing and sympathising, sometimes much carbohydrate material makes forest, St. Nazaire, Que, writes:- it is of practical value. But always persons susceptible to infectious dis-For three months my baby was con- I am here to listen, and that is some- eases. This is important to mothstipated and cried continually. On thing. You cannot always open your res of young children, as let means the advice of a friend I gave him heart to your family and friends, but that they should restrict the quantity Baby's Own Tablets and now at the you always can to me in a letter. It of starchy and sugary foods that their age of five months he is perfectly is easier for you when you know I will offspring eat. well and weighs twenty pounds. I am not betray your confidence. Now June, you were lonely and a bit home- of much hearlded remedies, but they sick and your ideal of home and its have proved short lived and worth-Williams' Medicine Co., Brockville, surroundings grew more beautiful and attractive every day. In fact, your ideal grew lovelier than the real thing has given it a place in the field of and when you came back you suffered medicine which no other can apwith disappointment. It is always that way, June.

It will be necessary for you to ad-just yourself to make the best of new converts. things as you find them.

It is possible and altogether likely that you have grown away from your home-town friends during your absence; and they may just think that is made with it this withstands after you do not care for them or their boiling for eight hours a shearing methods of amusement.

Your ideals cannot be too high; your from defective action of the stomacy aim too lofty; but my dear, do not let and liver, and the victim of it is to pour ideal stand in the way of practical. Yet he can find ready relief in Parmelee's Vegetable Pills, a demands of every day happiness. For preparation that has established it example: supposing a young man in town is attracted towards you and are pills that are widely advertised wants to become a friend. He is a fine greatest ever compounded, fine, manly chap, intelligent and easy but not one of theme can rink in to like: but he has heard that you walks with Parmelee's.

Sim too lofty; but my dear, do not let your ideal stand in the way of practical in the commonest complaints of infants is worms, and the most effective application for them is Mothers or Grayes' Worm Exterminator.

The world's largest ruby mining the properties of infants in worms, and the most effective application for them is Mothers or Grayes' Worm Exterminator.

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The world's largest ruby mining the properties of infants in worms, and the most effective application for them is Mothers or Grayes' Worm Exterminator. aim too lofty; but my dear, do not let

THE ONLY REAL NERVE TONIC IS A GOOD SUPPLY OF RICH. REO BLOOD.

"If people only attend to their blood, instead of worrying them-selves ill," said an eminent nerve suffer frem worry than anything

groundless fears, and do not sleep and it all comes from starved nerves. Doctoring the nerves with poisonsedatives is a terrible mistake. only real nerve tonic is a good supply of rich, red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills make new; rich blood, which strengthens the spirits, and makes hitherto despondent people bright and cheerful. If

should begin taking Dr. Williams' Pink Pills. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

you are at all "out of sorts" you

THE SPELL OF THE WITCH DOCTOR.

In the twentieth century, according to the report of Forward movement survey there are approximately 120 million people in Africa held in abject fear through the hundreds of thousands of witch doctors who alone are believed to have the power ce 'spelling out" the evil spirits. The heory of the African native regarding disease is that an enemy casts a spell which enters the body, and it must either be spelled out or cast out, and this is accomplished by the use of such charms or prescriptions such as that cited which often kill before they have the opportunity of proving their curative powers. The natives of South Africa, the survey lion native people there are only twenty-three missionary doctors and nineteen nurses. Scattered among the millions, this little band of workers accomplishes wonders. But the sway of the witch doctors is practically unaffected.

ALCOHOL AS A MOTOR FUEL.

Alcohol alone is not suitable for use in existing types of high-speed interhad taken no part in frolies of any nal combustion engines, such as are used in motor cars, but mixed with tended having a good time when I an equal part of benzol it forms an excellent full for this purpose.

TWO GREAT EARTHQUAKE BELTS There are two carthquake belts which encircle the world. One of them runs through the Mediterranean them if I did. I do not know. I region and Asia Minor to the Himalayas and beyond, crossing the Pa-

bean. The other encircles the Pacific drinks, chews, or is indifferent to re- Ocean, running northward along the Andes in South America, following the west coast of North America, conversation lively or what it is that tinuing on by way of the Aleutian chain to Kamchatka, and passing have the feeling that if I did confide through the Japanese Islands to the

The two belts cross each other in the Andes and in the western Pacific. Within them occur 94 per cent. of terrestrial globe.

Fresh Supplies in Demand.-Wherever Dr. Thomas' Electric Oil has been ordered, showing that wherever it goes this excellent Oil impresses its power on the people. No matter in what latitu'e it may be found its potency is never impaired. It is put in most portable shape in bottles and

ENCOURAGES INFECTION.

The Proven Asthma Remedy, Since asthma existed there has been no lack less. The ever-growing reputation of Dr. J. D. Kellogg's Asthma Remedy proach. It has never been pushed by sensational methods, but has simply gone on effecting relief and making

The new casein glue made by the United States Forest Products Laboratory is so strong that when ply weed strain of 180 pounds to the square