ASTHMA

If you have asthma, don't imagine that you must always suffer untold misery. Relief quick, sure and safe is guaranteed in even the worst cases by using

TEMPLETON'S RAZ-MAH CAPSULES

We are so certain of results we will send you a free sample of these capsules, confident that you will find them all we have claimed.

Sold by reliable druggists everywhere for $1.04 a box.

For free sample, write to Templetons, 142 King street west, Toronto.

Storage of Ice For Summer Use

The storage of a few blocks of ice for summer is a very simple matter where the ice is readily available. Any unoccupied corner of a shed will serve for the purpose. A rough board enclosure 10 feet square and 8 feet high will hold enough ice to provide 50 pounds per day for 130 days, after allowing for a reasonable amount of wastage. The smaller the quantity stored, the larger is the proportion of waste.

The bottom of the enclosure should be covered with about 1 foot of sawdust. If the soil underneath is impervious clay it will be all the better if there is a few inches of gravel under the sawdust. In putting in the ice the boards can be taken away from one side and replaced after the ice is in position. A space of 1 foot should be left between the ice and the boards to be filled with sawdust, and the ice should be covered with about the same thickness. It is the sawdust which keeps the ice from melting. The drier the sawdust is the better the ice will keep, and it is a good plan, as the ice is removed during the summer, to throw out from time to time the driest of the sawdust where it will be under cover and continue to dry out and thus be in better condition to be used against the following year. The ice should be cut in blocks of uniform size and packed as closely together as possible.

If it is necessary to erect a special ice house the roughest kind of a shed that will keep out the weather is all that is necessary. Poles may be driven into the ground and lined up on the inside with rough lumber, or slabs, leaving a space of about one-half inch between each board, and the whole covered with a roof to keep out the rain. Of course, the ice house may be built with a regular frame, lined inside with rough lumber and, if a more finished appearance is desired, it can be covered on the outside with clapboards or other siding. There should be plenty of ventilation above the ice. The same procedure should be followed in storing the ice and covering it with sawdust as advised in the preceding paragraph.

If sawdust cannot be obtained, planer mill shavings may be used for packing the ice, or in cases where neither is available hay may be used as a packing or covering material.

Marsh or "slough" hay or any fine wild hay which grows in low places gives the best results. If hay is used, the space around the ice or between the ice and the walls instead of being only 1 foot, should be at least 2 feet, into which the hay must be well packed. The ice should also be covered with about 2 feet of the hay.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

Minard's Liniment Cures Garget in Cows.

NO COUNTERFEITING.

It Has Become a Lost Art in Britain.

Counterfeiting is almost a lost art in Britain. So far as the coinage of silver money is concerned little has been the work of the police since about ten years ago they unearthed a plant that was busily engaged in coining a better grade of silver than the standard, and the gang went down for a few years. Since then silver has risen considerably in price, and it no longer pays to coin the metal.

There were quite a number of cases of counterfeiting the 10-shilling note printed on thin paper during the first few months of the war, and quite a few of these were drawn with pen and ink, but the Bradbury issue stopped this practice.

Only the other day a man was charged with having in his possession copies of these early 10-shilling notes, and his defence was that he had made them fora joke, which he explained as having on his pals by peeling them from a roll and solemnly lighting his pipe with one. The judge believed his story and fined him simply a nominal amount.

Lately there have been several complaints from the banks of counterfeit money being in circulation, the notes in question being an imitation of the new-design 10 shilling note. Except for a slight difference in the tint and a rather poor production of the back design, they were difficult to detect and quite a number were passed.

The sequel was the seizure of 500 notes and the apparatus for printing them the other morning at Paddington by the police, and the appearance before the justices of a dock laborer named Henry Chamberlain charged with uttering notes and having materials for counterfeiting in his possession. He was remanded for enquiries.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes:—"I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results." The Tablets are a mild but thorough laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Had a Return Ticket.

When Mr. Fairweight came to town on a visit he discovered many things—that buses could go without horses, that you could walk for a whole hour without striking a field or an acquaintance, and, finally, that you couldn't hit a policeman simply because he compels you to move out of other people's way.

As he was being taken to the station, he inquired what the policeman intended doing with him.

"Never mind. You'll find out soon enough," said the policeman, grimly. "Seven days, probably."

"Seven days! Ah, that's where I have ye, old blue-bottle!" chuckled Mr. Fairweight, triumphantly, producing the return half of his ticket. "I've got to go back on Monday!"

Minard's Liniment Cures Diphtheria

Life Without Microbes.

Microbes are not indispensable to all life if the[re] indispensable to any. The question has been definitely settled, it is claimed by some authorities.

A cage completely sterilized at 96 degrees was made and the openings of the cage closely stopped with cotton and protected from the outside by a hermetically closed metallic chamber. Such manipulations as were necessary in opening the cage were made by hands guarded by aseptic rubber cloth. Into such sterilized cage three hens' eggs were placed after having been externally sterilized. The cage was fitted [in] a glass pavilion or chicken run, where the chickens could develop during their six weeks' sojourn in the cake. In the cage were sterilized air, pure water, sterilized sand and sterilized feed.

The experiments showed that life does not depend upon microbes, but that the vital work of the organism is easy and natural when everything is sterilized.

THOUGHT IT WAS SUICIDE

A prominent merchant was discovered a few days ago brandishing a razor at midnight. His wife called for assistance, but found her hubby was only paring his corns. Far better not to risk blood poisoning—use Putnam's Corn Extractor, 25c, at all dealers.

A Thrifty Little Country

Nearly always, in the history of a nation, there comes a time when more territory appears necessary for the further growth and development of that country, and no other solution of that country, and no other solution of the problem seems possible. This was one of the questions which England faced early in her history, for "the snug little isle" could never support its rapidly increasing population, not even raise food enough for all, apparently; so, presently, younger sons from the large families were setting out from England shores to settle in distant lands, which they claimed for the mother country, till to-day her colonies have become so numerous that it is the boast of English subjects, at home or abroad, that the sun never sets on English possessions, that is, they encircle the globe.

The United States, too, felt this need for territorial expansion, after the War of the Revolution, when the young republic hugged the Atlantic seacoast, scarcely dreaming of the wonderful region across the Alleghenies. It was Horace Greeley who offered some hesitating youth the shrewd advice, "Go west, young man, go west!" and for a time it seemed as if all America was determined to "go west," till the Indians betook themselves to their allotted reservations and the Star and Stripes floated over the Pacific coast as well as on the Atlantic shore. Soon there were those who declared that the western land was fully taken up, that is, all of it which as worth settling; but later on, proper irrigation as to reclaim and make available thousands more acres of good United States territory, which might otherwise have lain utterly useless to the country. The United States was, of course, very fortunate in having such a huge country in which to expand. That is one reason why it is to-day such a great and influential Nation.

But what about the smaller countries, European ones especially, which did not get an early start at the colonizing game, and have apparently, no further rooms at home in which to spread out? Take Holland, for example, that sturdy little land lying partly below sea level, surrounded by Germany and Belgium for neighbors and the stormy North Sea on the northwest. It is a brave little nation, and it has courageously held its place against enemy and element for many years; it has sent forth sturdy sons, and has established a number of foreign colonies in other continents. (For, you will remember that the Dutch were early merchants and traders, and that the settlement of New York was due to the desire of the Dutch to trade with the Indians there.) At home Holland has been rather soershadowed by her larger and more powerful neighbors; abroad her longing was for trade rather than for settlement. How now to increase her borders and provide more room for her crowded population? This is one way in which Holland has been attempting to solve her problem:

We have said that parts of Holland are below sea level. You know something of the great dikes which keep back the hungry sea from the Dutch fields and homes, and you may have read the story of the brave lad who is said to have saved Holland by guarding a leak in an important dike, till help could be brought. Many of the Dutch streets are canals or waterways, you know, and there are several great lakes in the country. In 1840, Holland, feeling the need of more land, began to drain one of the largest of these, Haarlem Lake, and to her delight found that in this way she could add a large amount of land within her borders. The task was rather a great one for the little Nation, and occupied some 12 years; but by 1852, some 40,000 acres of fertile land had been thus gained. This meant an additional territory nearly as large as the District of Columbia.

Presently more land was needed and the people again looked about to see what they could do. This time they thought of the Zuyder Zee, a still larger body of water, where much of Holland's fishing industry has been carried on. Carefully and systematically, the thrifty little Nation has begun its plans for reclaiming the Zuyder Zee from the waters that cover it. A bill for this purpose has already passed the Legislature, and in June, 1918, it was signed by Queen Wilhelmina. A commission has been appointed to take up the matter, and it estimates that the expense will be some $90,000,000, the cost as well as the actual draining of the sea to extend over a period of perhaps 35,000 years. It is planned to repay the fishermen, who will be obliged to give up their trade on this particular stretch of water. Their industry will probably be reestablished on the North Sea, later on. It is estimated that nearly 525,000 acres of land will be restored to Holland by this engineering feat, and that some 480,000 acres of this will be fit for cultivation. For a country of only some 12,500 square miles to undertake to add over 800 square miles more, by getting rid of a whole sea, sounds like quite an undertaking; but no one who knows the character and history of the Dutch people can expect them to do aught but succeed in the task, and thereafter to take especial delight in the gift which they sturdily wrested from the waves.

IF YOU HAVE A FRIEND IN ILL HEALTH

Pass this general female tonic along, they will be grateful.

A general tonic for women, growing womanhood, child bearing, change of life, etc.

Sold at all Druggists or sent direct in plain wrapper on reciept of price, $1.00 per box.

One-Eyed Men.

What actual disability is involved in the loss of an eye Accident insurance companies usually estimate it at 50 per cent., but Sir Arthur Pearson told the British Committee on the Administration of Soldiers' and Sailors' Pensions that this is absolutely absurd, and suggested 25 per cent. as a more reasonable estimate.

It depends largely upon the time of life at which the eye is lost. By binocular vision, says the Lancet, we fuse two slightly dissimilar images of an object, which are focussed upon the two retinas, and this enables us to estimate correctly the relative positions or distance of objects. This power, however, is not confined to those of us who possess two good eyes. The man who has been blind in one eye from infancy possesses it in almost equal perfection with the possessor of two eyes. For many other factors unite to compensate for the absence of stereoscope vision. These are atmospheric and shadow effects, parallax and, above all, memory of what the shape of objects really is, according to knowledge which has been acquired in early years, largely by the sense of touch.

On the other hand, if one who possesses this faculty is suddenly deprived of it he will be considerably handicapped, especially at first. A woman may find she cannot pour from a teapot into a cup without spilling the tea. A hammerman may take some time before he can hit the nail on the head with his former accuracy; indeed, whether or not he can ever attain it again is doubtful.

Minard's Liniment Cures, Colds, etc.

THE HUMAN HAND

And What Its Contour Reveals of Character.

The human hand, like the eyes, has a language of its own and can be made an interesting study. The lines in the palm deal solely with palmistry, but there is still another method of character reading found in the shape of the hand, and in this instance thought may be centred at first upon the fingers.

Long fingers denote perseverance and ambition, while extremely short ones indicate the habits of laziness and indifference. Those coming under the head of medium in length lay claim to vanity. The type thick at the base of the hand and which tapers to a narrow point at the finger tip usually belongs to a selfish and unforgiving individual, contrary to the person possessing flat finger tips, wherein a stubborn nature and strong will is constituted.

The rarest kind of finger is that which is thin at the top joint, spreading out toward the tip in a comparatively thickened outline. Here we immediately discover elements of refinement, intellect and determination in addition to strong religious principles. The finger containing well arched nails leads one to gather the impression of deceit, whereas it is a known fact that the owner of flat nails is self-sacrificing and considerate.

At the muscular portion of the thumb where it joins the hand one can decipher imagination and romanticism, in accordance with the height of this particular part. People with no enlarged joint at this spot are sorely dependent upon others and cannot think or act for themselves. This somewhat corresponds to the side of the hand where the small finger is connected for when placing the palm downward upon the table the direct straight line gives way to untidiness and curiosity, just opposite in meaning to the curved development, determining neatness and discretion.

Prominent knuckles have a tendency toward good fortune and wealth, the well covered bones claiming the attributes of a struggling existence and a profound self-respect.

Lastly, we define the hollow hand or palm, the four points of which connecting all fingers (exclusive of the thumb) are prominently raised so as to make distinct bumps upon the surface. This sort unmistakably belongs to the person whose head governs his heart and who seldom experiences regret.

Through a study of the hand, character may be easily read.

Minard's Liniment Cures Distemper.

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An Early Street Cleaner.

"One day," Ben Franklin wrote in his autobiography, "I found a poor, industrious man who was willing to undertake keeping the pavement clean by sweeping it twice a week, carrying off the dirt from before all the neighbors' doors for the sum of 6d per month to be paid by each house. I then wrote and printed a paper setting forth the advantages to the neighborhood what might be obtained by this small expense. I sent one of these papers to each house and in a day or two went around to see who would subscribe an agreement to pay these sixpences. It was unanimously signed and for a time well executed. This raised a general desire to have all the streets paved and made the people more willing to submit to a tax for that purpose."

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.

WORTH KNOWING.

One of he best ways of cleaning walls—that is, the removing dust from them—is to take a large wad of cotton batting and place it in a loosely woven piece of soft cheesecloth and go over every part of the walls with it, changing to a clean piece of cheesecloth when necessary. This is an improvement over the old plan of wiping the walls with the batting alone, because it is impossible to leave the tiniest atom of line when the batting is inclosed in the cheesecloth.

I found it impossible, even with two heavy silence cloths, to keep the top of a handsomely polished dining table free from the marks caused by hot dishes until I purchased heavy asbestos paper and cutting this into round or oval mats, according to the shapes of the dishes, embroidered small linen bags to slip them into.

The use of nuts as everyday food is increasing. One of the newest ways of baking apples is to core them and fill the centres with sugar and chopped almonds. They are really very much better than ordinary baked apples, and possess a higher food value.

If you have a pan or bottle of soured milk, let it stand until it is thick. Put tarnished silver forks, spoons and small pieces into a shallow pan and pour the milk over them. Let them remain in the milk half an hour or longer, then wash them and rejoice in their brightness.

Orange juice is one of the best of dressings for black shoes. Rub a slice of an orange over the leather and brush with a soft brush until it shines like a looking glass.

"Who is Edith to marry?" "His name is Bridge." "Good gracious! Is she carrying the craze as far as that?"—Boston Transcript.

Some girls take up painting, not that they love art less, but that they love their complexions more.

Adds New Pleasure

The clean-burning qualities of Imperial Royalite add a new feature of satisfaction to oil heating and lighting conveniences.

For the oil heater or cook-stove Imperial Royalite is the source of abundant clean, quick, economical heat. And for the oil lamp, too, you'll readily see its superior quality delightfully emphasized by the clearer, brighter light.

You can't buy better coal oil than Imperial Royalite, so why pay higher prices?

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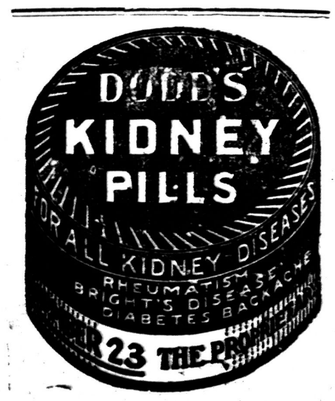

ISSUE NO 4 1920

FARMS FOR SALE

54 ACRES ON RIDGE ROAD, EAST of Grimsby, 10 room frame house, terraced lawn and tennis court, frame out-buildings in good repair, 12 acres in assorted fruits, balance of the land excellent vegetable soil. Will take good city property as part payment. J. D. Biggar Regent 934, 205 Clyde Block, Hamilton.

98 ACRES ON HIGHWAY, EAST OF Alberton, clay loam, rolling frame buildings, 1 bank barn 45x50, another without foundation 30x35 hog pen, chicken house, 30 acres seeded, 10 acres wheat, 35 acres plowed, 8 acres hardwood bush, good fences, radial freight stop on the premises, immediate possession. J. D. Biggar, Regent 934, 205 Clyde Block, Hamilton.

102 ACRES, OXFORD COUNTY, 2½ miles from Norwich, clay and sand loam, 80 acres, working balance pasture and bush, 9 room brick house, hot water heating. Basement barn 40x80 with good stabling, water basins for cattle. Will sell or exchange for larger farm, price $100 per acre. Chas. Shaver, Norwich.

$13,000 — 21 ACRES BEARING fruit, cherries, plums, grapes, currants and berries, vineyard of 15 acres in best condition and best varieties, frame dwelling and good barn, convenient to station and radial, 13 miles from Hamilton. Returns from this property show profitable investment. J. D. Biggar, (Regent 934) 205 Clyde Block, Hamilton, Ont.

180 ACRES STRONG SAND LOAM, 20 acres hardwood, timber, mostly large body trees, 15 acres pasture land, 9 room rough cast house, bank barn, cement floor, hog pen, other outbuildings, silo rack lifter, apple orchard, 1 mile from churches and school, on gravel road adjoining stone road, north and west from Waterdown, 15 miles from Hamilton. J. D. Biggar, 205 Clyde Block (Regent 934) Hamilton, Ont.

$10,000 CHOICE PEACH FARM, near Vineland Station, 2 storey frame house, 8 rooms, bath and toilet, hardwood floors, large verandah, cement cellar, good barn and stable, with cement floors, all new, abundance of good water hard and soft, in addition to the peaches there are apricots, cherries, good assortment of small fruits, well located. A money-maker and will take city property in exchange. J. D. Biggar (Regent 934) 205 Clyde Block, Hamilton, Ont.

MISCELLANEOUS

REMIT BY DOMINION EXPRESS Money Order. If lost or stolen you get your money back.

RAW FURS BY PARCEL POST. What have you? What price? Reid Bros., Bothwell, Ont.

BUSINESS CHANCES

FOR SALE—HARDWARE BUSINESS—from five to six thousand stock; turnover eighteen thousand. For particulars, write W. H. Rumball, Victoria Harbor, Ont.

FOR SALE

KNITTING YARN MADE FOR RED Cross, grey and black only, will clear at dollar and quarter per pound; sample skein thirty cents. Georgetown Woollen Mill, Georgetown, Ont.

PAIR PRACTICALLY BLACK FOXes, also twenty other pairs. Reid Bros., Bothwell, Ont.

HELP WANTED

WANTED—OAK CABINET WORKers on oak cabinets. Reid Bros., Bothwell, Ont.

WOOLEN MILL HELP WANTED—We have openings for female weavers and apprentices to learn weaving. Special consideration shown apprentices, in teaching this work and good wages while learning. This work offers permanent employment, and experienced operators earn high wages. Other openings for winders. Finishers, etc. Full particulars will be given upon application. Write us. The Slingsby Mfg. Company, Ltd., Brantford, Ont.

POULTRY WANTED.

HENS WANTED ALIVE 18 CENTS A pound, any size, F.O.B. your station if within 200 miles of Toronto. Ship C. O. D. in crates or boxes. Albert Lewis, 666 Dundas St. W., Toronto.

WANTED.

LADIES WANTED, TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

SLIGHT ERROR.

Customer: "I say, I've had to bring back those boots I bought last night."
Bootmaker: "Weren't they all right?"
Customer: "Yes; that's the trouble. One of 'em ought to be left."

Just because a fellow tries to make things go as far as possible is no reason why he should stretch the truth.

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.