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 related 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.

MOVING MOUNTAIN

(From Popular Mechanics).

When an entire mountain becomes dissatisfied with its location and starts to slide, it means trouble for whatever happens to be in the way Anyone who has noticed how even a small slide sweeps everything before it, appreciates the force in a moving mass of earth. When the side includes a mountain, instead of simply a loose portion of its surface, the movement may be said to be irresistible. If stopped at all, it must be attacked by engineering strategy, for no force will prevail against it.

In a commanding position on the Oregon side of the Columbia river, between Cascade locks and Eagle creek, about 45 miles from Portland, stands the Moving Mountain. Although for the last year there has been no movement, and engineers are hoping that they have succeeded in a fight they have made through several decades, in staying its progress, they are not ready to say that the mountain is conquered. To the layman, however, it looks very much as though the mountain had come out second best in its struggle to glide into the water of the Columbia, and that, from now on, it will remain steadfast in its present location, as a well-behaved mountain should.

There has at no time been anything very precipitate about the movement of this Columbia river peak. It might have gone on indefinitely without attracting attention, if it had not been for the construction of a railroad at its base back in 1880. The engineers who surveyed the line were greatly surprised to notice, after several months, that some action had affected their location stakes. The change was slight, but sufficient to arouse their curiosity and apprehension. Definite observations were made from month to month, and from these it was determined that the land at this place was sliding toward the Columbia at the rate of ten to fifteen feet a year. At first, it was thought that the disturbance might be confined to a small and localized area. Experiments quickly proved this premise wrong, however.

The Moving Mountain itself borders the river for three-quarters of a mile. Its face is a series of serrations and there are several areas that have no surface outlet. Water gathering in these undrained basins sweeps through the soil, reaching bedrock at a level somewhat below the surface of the river. To this drainage water is added seepage from the river, which flows in over the bedrock where it is exposed along the bank. As a result, the mountain rests on a thin film of water that covers the bedrock under its entire base. The tremendous weight on this thoroughly lubricated surface causes the movement.

Until recently, surface drainage was depended on to stop this. Efforts were made to drain the low areas, for it was reasoned that if the water did not permeate the mountain, the side would stop. Surface drainage, however, proved a failure.

The new plan of attack, when has stopped the slide, at least temporarily, consists of a series of drainage tunnels. They were built in 1918. The portals of the tunnels are at about normal high-water level of the river, and have a depth of 50 feet. When the tunnels had penetrated the mountain for some distance drifts were dug at right angles to reach the most advantageous locations.

The tunnels have offered drainage for the film of water that covered the bedrock surface, and a large volume of water has been concentrated in them. As soon as the tunnels were completed last year, the slide movement ended and has not, so far, recurred.

The famous Columbia river highways now parallel's the railroad at the base of the Moving Mountain. It had been built only a short time before the slide was stopped and was not affected. If the movement should begin again, frequent changes of the highway, as well as the railroad, would be necessary. However, this is a contingency that is not anticipated, for it is generally believed that the tunnels have solved the difficult permanently.

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.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 26 years regarding the healing qualities of Dr. MARTEL'S FEMALE PILLS. A Scientifically prepared remedy for delayed and painful menstruation. Sold only in a Patented Tin-Hinge-Cover Box. At your Druggist, or direct by Mail, price $2.00. Knickerbocker Remedy Co., 71 Front St. East Toronto, Canada.

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

LOOKS TO SIBERIA.

Other Great Gold Fields of World Have Passed On.

The golden sands of the Pactolus, in Asia Minor, have made that little river famous for all time. From that source Croesus, King of Lydia, is said to have obtained much of his wealth.

But the stream was worked until it became barren just as always happens whenever gravels rich in the yellow metal was found. The alluvial placers of California had their day, and, more recently, those of the Klondike likewise—though in the latter district dredges, washing great quantities of material, still are production of one of the progressive exof the same kind in California literally devours the peebly banks of streams, contributing 40 per cent. of the present gold output of that state.

Modern methods—particularly the "cyanide process," which makes possible the cheap extraction of gold from low-grade ores—have enormously increased the world's annual production of one of theprogres sive exhaustion, and it seems manifest that at no very distant day there will remain no great deposits of the metal to be discovered.

Even the wonderful mines of the Witwatersand, in the Transvaal, which now contribute two-fifths of the world's total output of gold, have not an indefinite "life" before them. It is reckoned that their resources will be exhausted within fifty years.

With this prospect in view, eyes are being turned in the direction of northern Siberia, where in streams tributary to the Lena river, which empties into the Arctic Ocean), there are extraordinarily rich gold-bearing gravels—the richest, indeed, ever known. One small stream, Bodaibo Creek, has yielded nearly two hundred million dollars.

It is predicted that the gold output of that region will eventuall equal or perhaps exceed the present production of the Transvaal. But up to now the mining methods adopted have been so primitive as to suggest the prehistoric, and not even a beginning has been made in attacking the gold-bearing rocks.

The problem is one that will engage the attention of experienced gold mining engineers from America, South Africa and Australia, as soon as political conditions in Russia render practicable the development of this great source of future wealth.

Minard's Liniment Relieves Diphtheria

Mankind's Debt to Reading.

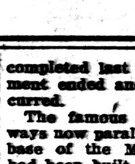
"Have you ever rightly considered what the mere ability to treat means?" once asked James Russell Lowell, and elaborated his own question: "That it is the key which admits us to the whole world of thought and fancy and imagination? to the company of saint and sage, te the wisest and the wittiest at their wisest and wittiest moments? That it enables us to see with the keenest eyes, hear with the finest ears, and listen to the sweetest voices of all time? More than that it annihilates time and space for us."

Flamigno Nearing Extinction.

The flamingo's happy hunting ground used to be throughout Florida and many lovely members of its family could be met with in the other hot countries. Very few of them are left now, however, anywhere in this country and many bird lovers predict that in a few years more they will have been killed off until they will be extinct.

Minard's Liniment Relieves Garget in Cows.

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.)

RHEUMATISM

This is just the season when Rheumatism with its grinding pain and stiffening of joints gets hold of you. Fight it with

Templeton's Rheumatic Capsules

Templeton's Rheumatic Capsules bring certain relief, and permanent results. They are recommended by doctors, and sold by reliable druggists everywhere for $1.06 a box, or write to Templetons, 142 King St. W., Toronto. Mailed anywhere on receipt of price.

PROHIBITION COCKTAILS

Though the demise of John Barleycorn is but recent, we may still start off our dinner with a cocktail that is strictly prohibition. The purpose of the real cocktail, to act as an appetizer, is still good in these, and though the old-time "kick" may be missing, the tastiness will tickle the palate.

BANANA COCKTAILS.

Select large lemons with good smooth skin, and cut off a slice from the pointed end to make a cup. Scoop out the pulp, and set the shells aside in a cool place while preparing the cocktail. Dice some thoroughly ripe, but not too ripe, bananas, allowing about half a banana for each lemon cup. Press all the lemon juice from the lemon pulp until you get about two-thirds as much juice as you have banana pulp. Add more lemon juice if the pulp does not yield enough. Put the juice and bananas together, sweeten to taste and thoroughly chill. Add ice water to make the proper strength and serve in the lemon cups with straws. The banana fruit can be left in the juice or removed as preferred.

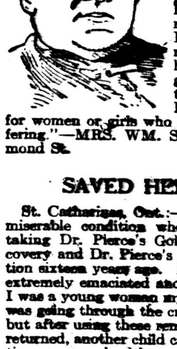
OYSTER COCKTAILS.

Select small but solid grapefruit, and cut each in half, scooping out the pulp. Skin the pulp from one half, cut it in small pieces and set aside in a cool place. Allow six oysters for each cocktail, draining and washing to remove grit. Make a sauce by mixing the juice of one lemon and the half a grapefruit with a few drops of Worcestershire sauce, a drop of tabasco sauce, salt and pepper with a tablespoonful of catsup. Put this in a small wine glass, set it in the grapefruit cup, pile the grapefruit pulp and oysters around it and set in a bed of ice, or served thoroughly chilled.

AN IMPROVED FRUIT COCKTAIL.

After cutting the fruit for the regulation fruit cocktail, it can be greatly improved by pouring over it the juice from maraschino cherries, branded peaches if you are fortunate enough to have any grape juice or cider.

In Maidenhood, Womanhood and Motherhood



London, Ont.:—"For many years Dr. Pierce's Favorite Prescription has been my most favorite medicine. I have taken it for the ailments pertaining to womanhood and before and after motherhood, and it always proved excellent. I have also recommended 'Favorite Prescription' to many friends who have taken it with good results. It is the best medicine I know of today for women or girls who are weak and suffering."—MRS. WM. STEEL, 179 Richmond St.

SAVED HER LIFE

St. Catharines, Ont.:—"I was in a very miserable condition when I first started taking Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Favorite Prescription sixteen years ago. I suffered and was extremely emaciated and weak. Although I was a young woman my doctor thought I was going through the critical stage of life, but after using these remedies my strength returned, another child came and from that time on my health was perfect and my weight increased. I really believe that Dr. Pierce's remedies saved my life and I shall always praise them as long as I live."—MRS. ELIZA OVERHOLT, 43 Beach St.

Favorite Prescription should have the full confidence of every woman in Canada because it contains no alcohol and no narcotic. Dr. Pierce knew, when he first made this standard medicine, that whiskey and morphine were injurious, and so he has always kept them out of his remedies. Send 10c to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial package Tablets.

Worth Knowing.

When cleaning windows, mirrors and paint add a few drops of paraffin oil to the water. This, you will find makes them clean much more quickly and easily; also gives a brighter polish.

The best labor-saving device is the simple life. Make use of as few things as possible, but let them be the best of their kind. Good furniture is the easiest to clean and needs least repairing. Good household linen and personal clothing need least mending. Good and simple food needs least work in preparing, and keeps one in good health, thereby avoiding many sickroom labors. Don't collect useless trifles or hoard things that will "come in useful some day." You will then have room for "a place for everything and everything in its place." Don't be tempted to buy silly trifles but save your money till you can afford something worth having; it pays best in the end.

There are two methods of preventing steamy windows and so saving much unnecessary window-cleaning. They are cheap and worth a trial:

1. Keep a box of lime in the window.

2. Polish the glass all over with a cloth on which has been sprinkled half a teaspoonful or more of glycerine according to the size of the window.

Minard's Liniment Relieves Distemper

SALESMAN

Of ability and good local connections—preferably a tailor or clothing man

Can Earn Big Money

selling Men's Made-to-Measure Clothes in his locality. Style, quality and value of garments known from Ocean to Ocean. Address—in first instance—with full information to P. O. Box 105, Montreal.

SALTED ALMONDS.

Prepare Your Own—Here's How It's Done.

First select the nuts. Any good quality may be used. The paper-shelled ones generally have thinner shells and larger kernels.

Put over fire in cold water to cover brisk water to a boil, drain almonds, through colander, then let cold water flow over the..., or immerse colander for a moment in very cold water. Place almonds immediately between coarse towels and rub of brown skins.

Thoroughly dry the blanched almonds and coat with olive oil by shaking in a bowl or other vessel with two tablespoonfuls of oil to one cup of the nuts. Brown in pan over fire, stirring or shaking to get an even color; or spread the oiled nuts on a baking sheet, and set this on the rack of a hot oven. Drain on absorbent paper.

While still hot from the fire sift fine table salt over the nuts in the proportion of one tablespoonful to a cup of nuts.

If oil, salt and blanched nuts are mixed, and let stand overnight in the refrigerator, the salt will penetrate the nuts, instead of being on the outside only. Or the quicker method may be employed of cooking the blanched nuts in very strongly salted butter and then draining thoroughly.

PHOSPHODINE.

The Great Existing Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for *Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $2 per box, 3 for $5. Sold by all druggists, or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT.

Mixed Metaphors.

"Begorra some of the best Irish bulls are English," said an Irish M.P. not long ago, and he was right.

When the Gladstone umbrella was all the rage, an opposition candidate was heard to declare: "We, too, have an umbrella, and its voice will soon be heard; and when it speaks, it will speak with no uncertain sound."

Quite as good was the assertion of an M. P. who said: "I see a vision before mine eyes, I see the car of progress rolling along in its majesty, gnashing its teeth as it rolls."

A better known M. P. is credited with the statement that "the British lion, whether it is roaming the deserts of India or climbing the forests of Canada will not draw in its horns nor retire in its shell," while another speaker averred that "all along the untrodden paths of the future we can see the hidden footprints of an unseen hand."

It was a politician, too, who some time ago declared that "the Government kept cutting the wool off the sheep that lays the golden eggs."

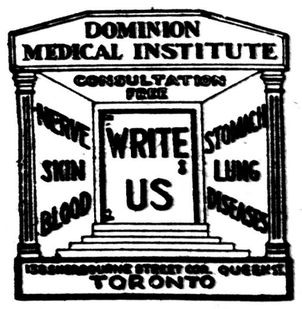
Another speaker once stated that the Union of England and Ireland would turn barren hills into fertile valleys.

But one M. P., speaking on total prohibition, rather overstepped the mark when he said: "The glorious work will never be accomplished until the good ship Temperance shall sail from one end of the land to the other, and with a cry of 'Victory' at each step she takes, shall plant her banner in every city, town and village of our country."—Tit-Bits.

Hawaiian Iols Unearthed.

Of the two old Hawaiian idols lately found concealed in the earth at Hookaupu, Paukukalo, one, a female idol is in a fairly good state of preservation. The idol is supposed to be that of Kihowahine, the Undine of Maui myths. Her haunts are the springs at Paukukalo, the Kauaha Pond, and the matchless pools in the wooded glens around Pilholo, Makawao.

In some of the latest legends woven around her she is reputed to have lured two natives at different times on a merry chase only to see her disappear in one or another of the deep, clear water pools among the wooded glens of Pilholo. One, a doctor, ended his aimless wanderings to her glenwood haunts by becoming a paralytic, the other, a woodcutter, never ceased to describe the charms of this "wonderful woman with the golden hair," always able to elude his embrace, but ever beckoning him on to her lair among the vines and trees and pools and crags of the glens about Pilholo.



Enough is as good as a feast, but only to the fellow who knows when he has enough.

ISSUE NO. 28, 1920

HELP WANTED—FEMALE

WOOLLEN MILL HELP WANTED. Our new Mill is now under completion and we now require female help for the following work, weaving, winding, speeding, finishing. Previous experience not necessary. Every consideration shown to apprentices and good wages paid while learning. Boarding accommodation arranged. Several good positions now open. For full particulars apply to Slingsby Mfg. Co., Ltd., Brantford, Ont.

HELP WANTED

WANTED

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

FARMS FOR SALE.

100 ACRES, WITH CROP, AND IMmediate possession; hardwood bush and running water; good stock farm; 55 acres adjoining, with house, if desired. Robert J. Hodgson, Tyrone, Ont.

IF YOU HAVE FARM PROPERTY for sale, kindly furnish me with full particulars. No expense whatever to you unless I effect a sale. If you desire to buy such a property in Canada or New York State write me for particulars, I have some very attractive properties to offer. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 934).

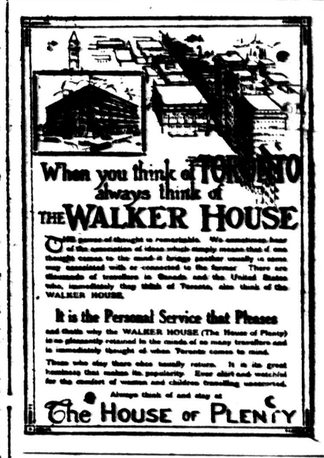
100 ACRES, NINE MILES FROM Toronto, on good road. Soil light clay loam in good condition. About 70 acres under cultivation, balance pasture. Bank barn, 45x 70 ft. in good condition. Also good pig pen and chicken house. Large stone dwelling. Stabling for 35 heads of cattle. Plenty of good water in stable. Price right, terms easy, apply J. C. Bull, Weston, Ont.

BUSINESS CHANCES.

FOR SALE—AS GOING CONCERN, TO close an estate, splendid old, established general store business, with building and dwelling in connection, located in good village, between Owen Sound and Palmerston, in fine farming district. For full particulars, apply to John Mills, Hanover, Ont.

MISCELLANEOUS

BUY YOUR OUT-OF-TOWN SUPplies with Dominion Express Money Order. Five dollars costs three cents.



LITTLE HELPS.

Hints as to the Best Way to Remove Stains.

Did you know that the cold water should be tried first of all to remove unknown stains?

Cold water and white soap will remove the supposedly harmless chocolate and cocoa stains; also tea and coffee which has cream in it, and it is helpful in removing scorch from clothes. Patience and care are two great essentials in removing stains.

Old stains of tea, coffee or cocoa should be moistened with cold water, covered with powdered borax, allowed to stand for five minutes, then rinsed through plenty of boiling water.

Iron rust usually responds to a sour milk bath, or lemon juice and salt for white materials. After trying the above launder in the regular way.

I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got Minard's Liniment and in six days I was out to work again. I think it the best Liniment made.

ARCHIE E. LAUNDRY.

Edmonton.

A COUNTERFEIT REASON.

(London Weekly Telegraph.)

"Yes, I still have the first pound note that I made," said the grayhaired passenger.

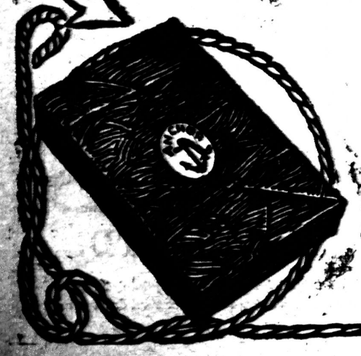
"Good gracious!" exclaimed his traveling acquaintance, "how did you keep it so long?"

"Well, it was very imperfect, being my first, and I'd have had trouble in passing it."

Minard's Liniment Relieves Colic in Horses.

ANCHOR PLUG TOBACCO

15¢ a Plug
2 for 25¢



THE freshness, and flavor, of ANCHOR PLUG is not equalled, nor approached by any other chewing tobacco. That is why ANCHOR PLUG is supreme.

It Holds its Flavor