

DR. WARD The Specialist

78 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 falling power, a drain on the system? Consult the aid 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, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 23 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 long? 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 you the best treatment known to science—the one successful treatment based on the experience of 23 years in treating men and their ailments.

Dr. Ward's Methods Unrivaled, 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. "Necessity is the mother of invention" has out 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, neuritis, lumbago, rheumatism, stomach and liver troubles, piles, flatula and blood conditions, eczema, asthma, neuralgia, etc.

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.

Nonsense on National Debt.

A great deal of nonsense is being talked to-day about the National Debt. We frequently hear people speak about the gravity of our financial position, writes Roland Walker in Pearson's Weekly.

Some nervous folk declare that the country is staggering under an "impossible load." Even a respectable newspaper recently asserted that we were "heading for national bankruptcy."

What, then, is the truth about our national liabilities? Is the country really in debt? And, if so, to whom is the money owing? Is there any danger that the creditors will put the brokers in and sell up the country?

By the National Debt, of course, we mean the sum of money borrowed by the Government.

Now, life is worth more than money, whether it be the life of an individual or a nation. And during those dark days of 1914-1919 we rightly staked everything we possessed in order to secure victory.

Money had to be spent like water.

and so we piled up a National Debt which now approximates \$2,000,000,000. Every year, therefore, we must raise nearly \$400,000,000 in taxation from our people in order to provide interest and sinking fund upon this colossal sum.

If we had been compelled to borrow this large sum of money abroad, I admit that there would have been cause for alarm.

In buying liberty for ourselves and our children, we should have sold ourselves into financial bondage to foreign creditors. And every year we should have had to pay our creditors in gold or its equivalent the vast amount of \$400,000,000. That would really have meant placing the whole of the British Isles in pawn to the foreigner for an indefinite number of years.

Fortunately, nothing of this kind happened. When the call for money came, and the Government had to borrow so enormously, the people within these islands put their hands into their own pockets and supplied the cash.

Nine-tenths of the public debt is held by men and women in this country. The rest, it is true, had to be borrowed abroad, chiefly from America, who lent it, not in money, but in food supplies and in raw materials for munitions of war. But even the loan from America is more than counterbalanced by the money which we lent to the Allies and to the Allies in order to hasten victory.

To put it plainly, then, the National Debt is owing to ourselves. Britain is the debtor, it is true, but the British people are the creditors; it is merely a matter of national bookkeeping. We tax ourselves on one hand to find the \$400,000,000, and then we distribute the same in the shape of interest to our own people.

It is sheer nonsense for people to talk about being ruined by the National Debt. As a matter of fact, the City and the banks are going on just as usual. If prices have risen, so have axes, and money appears to be more plentiful than ever. Trade is booming, and there isn't the slightest evidence of impending national bankruptcy.

The National Debt is merely a family affair, then, and, as a man does

not usually put the brokers into his own house, neither shall we break up the British Empire to pay back the loan which we have only borrowed from ourselves.

And I firmly believe that, as a result of the nation's patriotism, and the Government's thrift and economy campaign, hundreds of millions which might have been flung away in doubtful foreign investments, bonus companies, useless luxuries, and so on, are being saved.

Milestones.

One of the many curious effects of the war was the way it put news into cold storage. Almost every day that passes, in England as elsewhere, some story or other is gaining publicity and is being eagerly read and discussed, which if peace had resigned instead of war during the past five years, would have long since been forgotten in the back files of the newspapers. Thus Major Hesketh-Prichard, one time famous as a sportsman, and now famous as a soldier, has been pouring out news as to the many ingenious devices resorted to at the front in establishing an observation post. There is for instance the case of the milestone. It stood on the summit of a little ridge at the cross roads, between the two front line trenches. The French had photographed the milestone, had a facsimile made of it in tin steel with a gauze-covered observation hole, and successfully changed the real thing for a dummy by night; in this way gaining a perfect observation post in the centre of no-man's-land. Thus some milestones even have greatness thrust upon them.

Bread Problem in West Indies.

"The West Indian colonies, in common with the rest of the world, have their bread problem. How this is to be met is the subject of an official inquiry, and an interim report of British Guiana Flour Substitutes Committee indicates the lines upon which action can be most usefully taken. Analyses collected by the committee show that the products of tropical wheat-flour in food value are rice, guinea-corn and maize. These materials can be employed alone only in the preparation of cakes. Without wheat-flour they do not give satisfactory bread. Other products," says Nature, "of relatively higher starch content, such as arrowroot, local origin, e.g. cassava, sweet potatoes, tannias, and eddoes, can also be employed in this way, but they yield an article of lower food value and wider nutrient ratio. It is possible, however, by the addition of a proportion of meal, obtained from locally-grown cereals, e.g., pigeon-peas, black-eye peas, lima, and banavist beans, to bring the nutrient ratio of these more starchy products up to the desired standard. Action upon these lines is recommended, and a proposal is put forward for the establishment of a factory or factories for converting the locally-grown raw materials into non-perishable and marketable products."

Rusty Steel.

To clean rusty steel, oil well the rusty parts and set aside in this state for two or three days. Then wipe dry with clean rags and polish with emery or pumice stone. When very rusty and a high polish is desired rub the article with a little slack lime.

BEEKEEPING AND THE SUGAR SITUATION

(Experimental Farms Note.)

Save clover honey for winter stores. With sugar over 20 cents a pound, and the outlook of a possibly higher price and uncertainty of supply, beekeepers will find it advisable to pay more attention than usual to the saving of wholesome honey for wintering the bees safely.

Each colony should have not less than 40 pounds of stores for winter. The honey gathered in June and July from alskie and white clover is perfectly wholesome and makes the finest winter stores. Most of the honeys gathered from other abundant sources in June and July are also wholesome but honey gathered from mixed sources in August and September is, as a rule, less so, and is therefore liable to cause dysentery which will weaken or kill the colony before are very injurious. However, buck-spring. Some kinds of fall honey wheat honey and the honey from certain species of goldenrod and aster that grow abundantly in dry situations, if it ripens before cold weather, are wholesome.

It would therefore be wise to save combs of clover honey in order that several of them may be placed in the hive about the centre. These combs should be given early enough in the fall, that is to say, about the middle of September, to allow the bees time to empty a few cells to make a place for the winter cluster to occupy. Care should be taken that these combs of honey are taken from colonies that are entirely free from American foul-brood. It will be advisable also to save extra combs of honey sufficient to give each colony one more comb in spring, but the honey given in spring need not be of the best quality. A strong colony of Italian bees containing a prolific young queen often has very little honey in the brood chamber when the supers are removed in the fall. A simple way to supply such a colony with suitable stores for the winter is to give or leave it a super full of clover honey.—F. W. L. Sladen, Apiarist.

A Woman's Trouble

Stratford, Ont.—"I do think Dr. Pierce's Favorite Prescription one of the best medicines I have ever known for the ailments of women. I had for quite a long time a pain in my lower abdomen which caused me to become all run-down and nervous. I doctored but nothing seemed to give me relief until I began taking Favorite Prescription. This medicine gave me such wonderful relief that I am glad to recommend it to others."—MRS. A. GODWIN, 60 Brant St.

NERVOUS AND RUN-DOWN

Brampton, Ont.—"A few years ago I was in a nervous and run-down condition and felt greatly in need of a tonic. A friend advised me to try Dr. Pierce's Golden Medical Discovery advised me to try it, too. It helped me from the very start and eventually restored me to perfect health. I feel in a position to praise the Golden Medical Discovery very highly and take pleasure in recommending it to all those who are at all run-down."—MRS. ESTHER PEATSON.

Dr. Pierce's medicines are made of vegetable growths that nature surely intended for backache, headache, pains, irritations, and for the many diseases common to women in all ages of life. Dr. Pierce's Favorite Prescription is made of lady's slipper, root, black cohosh root, unicorn root, blue cohosh root, Oregon grape root and Viburnum. Women who take this standard remedy know that in Dr. Pierce's Favorite Prescription they are getting a safe woman's tonic so good that druggists everywhere sell it in liquid or tablet form. It is without alcohol.

Stones Natural Magnets.

In Nevada are found curious mineral specimens known as "social stones." No better name could be given them, since when a few are distributed over a level floor, two or three toward one another to a common centre with an alacrity that is ludicrous.

Campers first noticed these stones. They had used wrapping paper for a table cloth and weighted the corners with some of the stones spread over the level top of a boulder. A few moments later one of the men noticed that the paper was flapping in the breeze and that the four or five stones were huddled in a group in the middle of the paper like a nest full of eggs. He thought the wind was responsible, straightened them, and added more stones.

The next time he looked around the stones were back in the heap again. Once more he replaced the stones and set down to watch them. They began to roll and hitch along toward one another again until they were in a pile.

Making It Impressive.

A preacher was describing the "bad place" to a congregation of naval cadets. "Friends," he said, "you've seen molten iron running out of a furnace, haven't you? It comes out white hot, sizzling and hissing. Well—the preacher pointed a long, lean finger at the lad in front of him. "Well," he continued, "they use that stuff for ice cream in the place I have been speaking of."

Whatever makes good Christians makes them good citizens.—Daniel Webster.

Keep Up the Milk Flow During Summer and Fall

(Experimental Farms Note.)

Once more we are entering upon the season of the year when the dairy farmer expects the greatest yield from his cows and his pastures, and if the season is right the land will be fairly flowing with milk and honey. Unfortunately, however, the season is not always just as right, so it might be. Invariably in one section or another there is a drought with its consequent shortage of pasture and decrease in milk flow.

It is important at this time that some form of supplementary feed be allowed to decline it is almost impossible to get it up to the previous high mark again. A little extra feed at this time will produce more milk than the decline has taken place. Many will have profited by past experience and have made preparation for the shortage of pasture by sowing a piece of annual pasture or soiling crop. Others again may have some of the previous year's crop of silage to fall back on. In any, and particularly the last, the above methods, however, are very efficient means of supplementing the pastures. For those who have not yet made any provision it is not too late to sow an extra acre of corn, some fall turnips, or even a piece of rape. The turnips and all while the rape may be pastured in the late summer and fall. Where previous preparation has not been made, cuttings of the regular crops, such as green oats and peas, second-cut clover, and green corn will have to be made to fill the gap on pasture at present prices seems absurd, and it will be found to be somewhat of an extravagance except with very high producing cows. Where the grain, are obtainable a mixture of two parts bran and one each of ground oats and cotton seed meal is excellent.

Apart from the feeding of the cows, there is the question of water and shade supply. Both are very necessary. Where sufficient protection from the flies, in the form of shade or underbrush is not to be found, it would be advisable to keep out all animals in the stable during the hotter part of the day allowing them out in the evening. Where supplementary feed has to be cut and hauled to the cows less waste will be occasioned when fed while inside. Where the cows have of necessity to be out all day they should have protection from the flies by spraying with some good fly repellent.—G. W. Muir, Animal Husbandman.

No Trace of Treasures.

It is regrettable that we know so little about King Hiram—from whose sepulchre of Tyre, 100 miles north of Jerusalem, most of the material was shipped for building the famous temple. Probably, like Solomon, he had great stores of jewels, but none of them has been preserved, and, as for Carthage (called Tarshish in the Bible), it was destroyed so utterly by the Romans that no identifiable relics of the kind have survived.—Philadelphia Public Ledger.

A Quick Freeze.

In freezing ice cream remember that time will be saved if you do the freezing in a warm place, as the more rapidly the ice melts the more quickly the ice cream or sherbet will be frozen.

Minard's Liniment Relieves Garget in Cows.

Brown—"Is your son in business?" Smith—"He's a contractor." Brown—"What line?" Smith—"Debits."

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DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. Martel's FEMALE PILLS. A Scientifically Prepared Remedy for delayed and painful menstruation. Sold only in a Patent, Tin-Clasped Box. At your Druggist, or direct by Mail, price \$2.00. Kitchener, Ontario, Canada.

TOO EXPENSIVE.

"Throw any old shoes at the bride?" "Not much. I had any old shoes to throw away I'd get 'em fixed up and wear 'em."

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WIT and HUMOR

"Ah, here is a letter from the old folk!" "What does it say?" "Come home; your tailor is dead."

"I simply love horses." "I guessed so." "How?" "Saw you riding with your arms round one's neck."

Mrs. Minne—"Have you and eggs you can guarantee do not contain chickens?" Grocer—"Yes, marm. Ducks' eggs."

Her Father—"I distinctly saw you kiss my daughter under my very nose." The Old Hand—"Excuse me, sir—under her very nose!"

"Mumnie, do lions go to heaven?" "No, Dickie." "Do missionaries?" "Yes, of course." "Well, what happens when a lion eats a missionary?"

Wiseacre—"It doesn't pay to hurt people's feeling, you know." Friend—"Oh, I don't know so much, my friend; the dentist makes a good living out of it."

Suspicious Customer—"What soup is this?" Walter—"It's bean soup, sir." Suspicious Customer—"I know it has been soup, but what is it now?"

Magistrate—"But your wife says you haven't spoken a word to her for over a year." Polite Prisoner—"No, your worship. I didn't want to interrupt her."

First Modern Girl—"I can't quite make up my mind about Dottie. There's something queer about her."

Second Ditto—"I'll tell you what it is. She has an effeminate streak."

"Look here! Do you say I stole the one-pound note you lent?" "No, I don't say that." "Then what do you say?" "Well, I say that if you hadn't helped me to look for it, I might have found it."

Customer—"You say you can recommend this hair restorer?" Druggist—"Yes, sir. I know a man who took the cork out of a bottle of this stuff with his teeth and within twenty-four hours he had a moustache."

The Girl—"I think I ought to tell you before we are married. I am a somnambulist." The Boy—"That's all right. I'm a Baptist myself, but I can come to your church one Sunday and you can come to mine the next."

Moved by an impulse he could not resist, he suddenly kissed her. "Oh, Herbert!" she exclaimed, "that's not right." "I'm sorry, Helen," replied Herbert, humbly. "I did the best I knew how. Won't you show me the proper way?"

"Walter!" called the customer in a restaurant where an orchestra was playing. "Yes, sir." "Kindly tell the leader of the orchestra to play something sad and low while I dine. I want to see if it will have a softening influence on this steak."

Teacher (to class in arithmetic): "John goes marketing. He buys two and a quarter pounds of sugar at 1s. a pound, two dozen eggs at 3s. a dozen and one pint of milk at 8d. a quart. What does it all make?" Smallest Boy (hesitatingly): "Custard!"

"My ideal husband," said the romantic girl, "must be a strong, silent man, full of grit, and able to bear the heat and burden of the day without flinching one who will not hear a word said about me and who will not utter an unkind word himself." "What you want is a deaf and dumb coal-man," murmured the rejected one.

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ISSUE NO. 30, 1920

HELP WANTED-FEMALE

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

HELP WANTED

FIRST CLASS KNITTER. EXPERIENCED on Dubbed Flat Fashioning Machines. Good wages paid to capable man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

FARMS FOR SALE

IF YOU HAVE FARM PROPERTIES 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, 206 Clyde Block, Hamilton, Ont. (Regent 234).

PROPERTIES FOR SALE

GENTLEMAN'S HOME IN THE SUBURBS of a live town in Western Ontario, population 1,500, is offered for the sacrifice price of \$15,000, could not be built to-day for \$30,000. Two acre grounds, combination barn and garage, house solid brick construction, three stories, cut stone foundation, scotch hardwood floors, hot water heat, 6 ornamental fountains, electric light and gas, excellent decorations and fixtures, picture gallery, veranda, and shrubs. Property in first class condition and ready for sale. Owner will take city property or fruit farm, in exchange. J. D. Biggar, 206 Clyde Block, Hamilton, Ont. (Regent 234).

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 WANTS

CHANGE WANTED—SEND PARTICULARS and price to R. M. Glensiek, P. O. Box 886, Sudbury, Ont.

MISCELLANEOUS

KNITTING YARNS, SAME AS BEFORE. Sample Skein and price twenty five cents. Georgetown Woolen Mills, Georgetown, Ontario.

SEND A DOMINION EXPRESS Money Order. Five dollars costs three cents.

Heat and Tuberculosis. James B. Murphy and Ernest Sturn (Journal of Experimental Medicine) subject mice to heat and a week later inoculated them with a strain of tuberculosis virulent for mice. These animals displayed a greater resistance than normal.

Minard's Liniment Relieves Diphtheria

Last Word in War Vessels. Superdreadnought is a name given to vessels of the dreadnought type. The displacement is 25,000 tons or more. The speed attained may be twenty-five knots or sea miles (a sea mile is 2,000 yards), and the main battery consists of guns of 12.5 inches calibre or better. A superdreadnought is the last word in naval architecture.

X-Rays in Industry. Apart from their use in medicine, X-rays are steadily extending their field of usefulness. With new types of tube a ray powerful enough to show up the minutest flaw in a four-inch thickness of steel can be produced.—Chicago Journal

Victoria report: For a bridge of the British St. Bolton Castle was in the sole of a gigantic python following the vessel's departure from Singapore month, according to a story in the Victoria Times.

On the second night out of Quartermaster West's man, separate habits—was at the time was started to see, by the fit of the binnacle light, a pair of eyes gleaming at him through the opposite door, yielding for Howe, who was taking first below.

The great reptile, thus lured, investigated the dim light of the binnacle, and then wobbled about off her course. It not to his liking, and too deck again, threw the ship's mind, left the wheel and fled the opposite door, yielding for Howe, who was taking first below.

The snake was one of three in Singapore for a menagerie United States. It had snarled out of the cage in which it was confined. What success it attempting to swim the Pacific Ocean.

Apart from the coal expert at German financial experts at St. day prospected to the mixed charges with the examination reparations plans that the approve a subvention of 3,400 marks gold for Germany to give during the first year of