Use Baby's Own Soap. It's "Best for Baby — Best for you".

Cleansing—Healing—Fragrant

Albert Soaps Limited, Mfrs., Montreal. 229

The Dawn in Belgian Africa.

The time has been when news from Darkest Africa in the Congo region was dark indeed; but the present and future of the tribes that embrace, all told, something like 5,000,000 human beings scattered over a tropical territory almost as large as Europe, looks full of promise as one reads the report of Mr. Frank, Belgian Minister of the Colonies, covering the period of the war and laying out a programme for the future. During the war there has been practically no trouble in the Belgian Congo, probably as a result of the lines adopted by the administration, for any idea of forcing the natives into an uncongenial mold has been abandoned, and the country is being governed by adapting methods to local conditions. "Not only must we decentralize our administrative organization," runs the report, but we must continue to study and make the best possible use of native institutions, respecting and developing them in all respects, even if they offend our ideas and moral conceptions, so long as they do not offend against the essential principles of humanity and justice. Economically and industrially, the Congo may reasonably become prosperous and important in accordance with those essential fundamentals. One may hope to hear far different and better things from the Congo than one has heard in the past.

Minard's Liniment Cures Dandruff.

Seines to Capture Sharks.

Faced with an alarming scarcity of hides, the world for some time has turned to the sea for a supply, with the result that a new industry is developing at various points on our coasts. Recently immense seines have been devised and used for the capture of sharks and other fish whose skins can be converted into leather. One of the nets that has proved very successful in this unusual fishing is 600 feet long and 18 feet deep, with a 4-inch mesh of heavy twine. It is operated from small boats, and as many as 200 sharks have been taken with it in a single day.

Experiments conducted under Government supervision have disclosed the fact that tanned shark skins are suitable for shoe uppers and other articles. Five hundred fish skins are treated weekly at one tannery devoted to the production of marine leather, and plans have been made for greatly increasing this output during the next year. Each hide contains from 10 to 40 square feet of exceptionally strong leather, and is sold at a price depending upon the quality. Valuable by-products are obtained from the flayed bodies of the fish, including fertilizer, glue, oil, and musical strings. The skins of certain wales, porpoises rays and devilfish also can be utilized. Formerly these inhabitants of the sea were regarded as worthless. Now they are expected to become important factors in the leather market.—Popular Mechanics.

Minard's Liniment Cures Burns, Etc.

Cannot Demand Gold in Britain.

Mr. Knowall was heard to assert the other day that a person could legally demand gold for bank-notes from the Bank of England. He was wrong. You could do so before the war, because the gold standard was based on a rule which provided that the Bank of England note issue must be backed up by a certain amount of gold held by the bank. The gold standard, however, could not be observed when war broke out.

The bank is now under no obligation to redeem its notes in gold as was formerly the case, and the Treasury have issued Treasury Notes to the value of 346 millions, which are legal tender for the payment of debts. Neither can the holders of these demand that they should be redeemed in gold.

The gold standard received its final blow on April 1, 1919, when the export of gold was prohibited. Nations carry on their trade by barter. We send so much goods to the Argentine, for instance, and they send us so much goods. If there is a balance between the two, it is satisfied by the export of gold. Now that our gold reserves have fallen very low—it is estimated that at the moment they only amount to some twenty million pounds—the Government has prohibited the export. Consequently, we must do our foreign business by the export of goods or on credit.—Tit-Bits.

How I Cured My Rheumatism

by PETER SAVALA

I threw away my crutches in seven days, in two months, I was a well man—and I have never had a twinge from rheumatism since. This is what the remedy, which I obtained from my uncle in Greece, did for me

I went home to Greece crippled, broken in spirit—sick. I returned to this country in two months, absolutely free of every trace of rheumatism.

The whole story of my life in America—how I became crippled with rheumatism and how I found the treatment which uprooted the disease and drove it out of my body—I will gladly tell you FREE.

It makes no difference how swollen or distorted your joints may be; how severe the pain; or how discouraged you are; I feel sure that I have the means of helping you to find relief in a few days and a lasting cure in just a few weeks.

Just write me personally. Say:—"Tell me how you cured your rheumatism and how I may cure mine.

Address your letter or post card to Peter Savala, 59 St. Peter St. D. 228 Montreal, Que

MUCH APPRECIATED.

"They say an hour early in the morning is worth two in the afternoon."

"So it is, if you can have it in bed."

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

ANCIENT CAIRO.

Twelve Thousand Died of Plague In One Day in 1492.

At the dawn of history a city is known to have existed near the site of modern Cairo called Khere-ohe, place of combat, because Horus and Seth, of mythological fame, fought there, says an exchange. Seth found the body of his brother Osiris cut into fourteen parts, and scattered the pieces; whereupon Isis, wife of Osiris, hunted the fragments so that she might erect a monument for each. That is why so many tombs of Osiris are encountered in European history.

Not until a century before the Norman conquest, a modern period of Egyptian history, was the present Cairo founded by Goher, leader of the troops of the Fatimite Caliph Mulizz, following the Egyptian conquest.

In the year Columbus discovered America a plague swept Cairo which is said to have killed 12,000 citizens in a day. It was a century before that when Cairo may be said to have attained its zenith. After the plague a period of violence, rapine and murder set in, and sultans were enthroned and assassinated with dizzying speed and informality. As early as the thirteenth century Christian persecutions took place. Since then the city has been Islam. Only eight years ago an excuse of the Grand Mufti for declining to approve execution of a murderer was that the crime was committed with a revolver, a weapon not mentioned in the Koran.

Napoleon's headquarters were at Cairo in 1798, following the Battle of the Pyramids. The commander Bonaparte left behind was murdered. In 1811 the French finally were dislodged and Cairo's independence was re-established.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. MARTELS 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.

SAN BLAS INDIANS.

Last Remaining Hermit Race is Determined.

At least one nation in the world seems to have solved the problem of "self-determination," and at that it is doubtful if any of them ever read President Wilson's "Fourteen Points." These people are the San Blas Indians, whose country lies geographically in Panama, just south of the Canal Zone and bordering the Caribbean Sea.

They got their name in the papers the other day when one of their little armies raided a Panaman town and killed seventeen of the inhabitants. Just what the merits of the controversy were it is impossible to judge at this distance, but it is more than likely that the expedition was a punitive one.

The San Blas Indians are perhaps the last remaining hermit nation. China's great wall has not only been pierced but lies in ruins. Thibet's isolation has ben violated to such an extent that any moderately armed force can penetrate its fastness. Perry opened the doors of Japan. White explorers have exploited the Congo. But San Blas countenances no white visitor—not even a "spigotty."

It is the law of San Blas that no white man shall visit that pure blooded Indian dominion without express permission and that no white man shall never be allowed to remain there after nightfall. The penalty is an unpleasant Indian form of execution.

The San Blas people are not exactly untutored children of the jungle. Their law works only one way. They are frequent visitors to Colon, Panama and the other cities of the Isthmus, where many of them wear white man's clothes and speak his language. They are hospitable, too, in their way, when a white man is allowed to visit one of their villages, but as the afternoon shadows begin to lengthen the polite host hands his visitor his hat with the Indian equivalent of "what's your hurry"? Fortunately their country is small, and by hurrying it is usually possible to reach the border before he "sicks the dog on you."

Naturally this sort of a law sometimes gets on white men's nerves. It is all right to put an Indian out of your house with the cat, but the Caucasian is not used to it. And there are some men who simply cannot "take a dare." When to this fact is added the twin lure of rumors of gold in the streams and beautiful Indian maidens in the villages, it is no wonder that more than one white adventurer has tested the law of San Blas and found it to be as determined as its people.

MOTHERS OWN PRESCRIPTION

A GENERAL TONIC FOR WOMEN

MOTHERS OWN MEDICINE CP TORONTO

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.

HORSE-TAILED MONKEY.

Peacock of Species Has a Wonderful Coat.

Of the recent monkey groups at the American Museum of Natural History, none has probably attracted more attention that that of the thumbless apes colobus, popularly known as horse-tailed monkeys. They have often been called the handsomest of monkeys, and the peacocks of the tribe. Unlike other monkeys, they possess a wonderful fur coat of long, silky, glossy black hair, but from their shoulders and down the sides of their bodies and flanks hangs a rich mantle of long, silky, white hair. They have a long tail with a rich white plume at its end, resembling a horse's tail, and have black and white faces.

These curious black and white animals are found in the dense tropical forests of Africa, from Gambia to Abyssinia in the north to Angola and Nyassaland in the south. Herbert Lang, assistant curator of mammals at the American museum, who has hunted them for scientific purposes, finds that they possess many remarkable characteristics. When born, they are white in color, but about a week after birth their color begins to undergo a change, and in about two months they have a coat of glossy black fur with white silky mantles depending from the shoulders and sides. These monkeys are the greatest jumpers of any. They inhabit the tree tops, and in descending they often take long leaps from limbs above to those below. They sometimes leap boldly through space twenty or more feet, when they spread out like a parachute so that they appear to be flying. They land easily among the thick foliage of the trees, and their long hair appears to help them in landing and in leaping. easily among the thick foliage of the trees, and their long hair appeared to hely them in landing and in leaping.

Mr. Lang, who hunted them in Kijabe, in British East Africa, found that they were not difficult to approach unless they had experienced being hunted before. He found them to be vegetarians, and that their chief diet was leaves and young shoots. They inhabited the higher parts of trees, travelling in groups of five or six. When they leaped they often made a great noise. They have a noisy, growling howl. There is a theory that their coloration protects them from their enemies, making them difficult to distinguish from leaves and lichen, hence they have been called invisible monkeys. Many scientists, however, do not give much credence to this theory.

DO YOU OWN A "MEAL MAKER"?

It's a Wonderful Aid to Housewives.

Though But List of Favorite Dishes.

Method is one of the best things in the world for the kitchen, and for any household. But doubtless one of the hardest problems is the difficulty of finding satisfactory methods whereby the make-up of any given meal may be readily decided and then forgotten, leaving the mind free to deal with the other duties in the home. The mental exertion expended for over a thousand meals each year consumes much of a woman's energy which might be more intelligently directed into channels conducive to broader culture.

SELF-DEFENCE.

The plan given here was evolved by a woman in "sheer desperation and self-defence," as she put it. The plan is one which will appeal to every practical woman, and its only requirement is the construction of a simple device which any woman can make for herself in a few minutes. It involves, however, two factors of which every woman who appreciates the value, but which every business man finds indispensible; they are a pencil and sheet of blank paper. If women are ever to make a clear-cut business of housekeeping they must recognize that a pencil and paper can be put to good use as a means of relieving the worry incidental to the performance of the work in a kitchen.

Take a pad of plain paper, about three and a half inches wide by seven inches long. At the top of the blank sheets of paper write as headings the names of the different classifications of edibles, such as soups, salads, vegetables, meats, fish, breads, cereals, fruits, desserts, beverages, etc. On these consecutive pages copy from your cook-book in condensed form those particular dishes which properly come under each heading.

The pad will serve as a means of suggesting at a moment's glance, whatever variety of dishes you may wish to incorporate in any given meal. Then get a piece of cardboard of heavy manilla paper. Cut this to measure eight inches by nine. Fold it to form a cover whose sides are four and a half inches by eight inches in size. After it is folded open it, and on the inside of the front cover paste your pad with its classification of soups, meats, etc., so that each sheet of the pad can be easily turned. On the opposite side, and in the centre of the inside back cover, paste a similar pad of blank notepaper.

Drop a pencil in between the two pads, fold them together and put in your "Meal Maker" in some convenient place in the kitchen, and it is guaranteed to be found a most sensible means of releiving kitchen worries at times when you don't know what to get for dinner.

SPOHN'S DISTEMPER COMPOUND TRADE MARK

DISTEMPER

or Strangles in stallions, brood mares, colts and all others is most destructive. The germ causing disease must be removed from the body of the animal. To prevent the trouble the same must be done.

SPOHN'S DISTEMPER COMPOUND.

will do both—cure the sick and prevent those "exposed" from having the disease. Buy at your druggist.

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

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—listless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there failing power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS

Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrestful sleep, dark rings under eyes, weakness or pain in back, kidneys, dyspepsia, constipation, headaches, 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.

Man, 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 experiences 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 diseases, 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.

Bullet in Brain Twenty Years.

After living for twenty years with a bullet in his brain, Edgar Wilgus, an insurance broker, of Trenton, N. J., was killed by a five-foot fall on the granite steps of a New York hotel. The medical examiner discovered the bullet in the man's brain, thought at first that he had been unaccountably shot, but learned by telephoning to his home how long he had carried the bullet in his head.

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.

Wrong Kind of Animal.

This is the latest Paris boulevard story.

Hindenburg died, and since he was a marshal he went to heaven. But the German functionary at the door said to him:

"Marshal, you must enter on a horse."

Hindenburg descended to hunt for a horse and encountered the German crown prince.

"So you're dead, too?" he said.

"Yes," responded the kaiser's son, "I ate too much Holland cheese. But show me the door to heaven, where, naturally, I go."

Hindenburg took the crown prince by the arm and they got in line behind the other heaven-bound pilgrims. The line moved up and finally they reached the door where the German functionary again blocked Hindenburg.

"Marshal," he said, "I told you to get a horse, not an ass."

Minard's Liniment for sale everywhere

PECCARIES.

How Ferocious Wild Pigs Conduct Warfare.

The South American peccaries are formidable because they attack their enemies in large bodies and with great vigor and bravery. The method and skill of their charges suggest that they are led by a chief skillful enough in predatory warfare to direct the surrounding and destruction of a powerful jaguar.

The object to be stormed is surrounded in silence by a circle of hundreds of peccaries. At a given signal a simultaneous snapping of teeth occurs, which is followed by a converging rush toward the centre. The largest and strongest reach the front first and the smallest and weakest bring up the rear. Those in front are pushed on by the mass in the rear, so that the edemy is constantly confronted by a rank of foes, no matter how many he may have disabled.

An American engineer, while surveying a Brazilian forest for a railway route, encountered a herd of peccaries one night and with difficulty drove them off. His experience affords an illustration of the bravery of these wild pigs.

I consider MINARD'S LINIMENT the BEST Liniment in use.

I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT, and it was as well as ever next day.

Yours very truly,

T. G. McMULLEN.

One day he and his party came upon a morass, the furrowed ground, trodden grass, turbid pools and pigsty odor of which indicated that it was the headquarters of all the peccaries in the vicinity. But not a pig was to be seen. The camp was fortified. In the night there came an alarm. Suddenly from all around there arose the sound of simultaneous snapping of teeth and then came the charge of hundreds of black animals rushing toward the fort.

Guns were discharged and the occupants reached down and slashed with their knives at the swarming pigs below. Numbers of these were cut down by the men in the fort, but others, impelled by those in rear, threw themselves forward, ripping and slashing with their sharp tusks.

Suddenly the attack ceased. The animals had silently withdrawn. Then without a moment's warning save the crash of teeth came another wild charge, and the fight was renewed. Again the pigs drew off and again they renewed the charge. Seven times they charged during the night, and not until down was the last grunt heard.

Minard's Liniment Relieves Neuralgia

HOT DRINKS FOR COLD NIGHTS.

These cold winter nights, when one feels chilly, and especially when one is troubled with cold feet, a warm, soothing drink slowly sipped before retiring will warm one up wonderfully and furnishing a "nightcap" that really lives up to its reputation.

Strained cereal gruels, delicately seasoned, a cup of steaming clam bouillon or plain bouillon, a cupful of mulled grape or loganberry juice or a hot egg lemonade are all excellent for this evening "snack" and particularly good when the system requires more nourishment and the stomach craves extra warmth as much as any other part of the body.

COCOA OR HOT MILK.

Cocoa, hot milk or malted milk are also recommended, as well as a hot eggnog, the latter forming almost a meal in itself, when accompanied by a few whole wheat crackers.

The clam bouillon can be easily made from the bottled or canned extract and the beef and chicken bouillon from the ever-ready tiny cubes, which are now made by several reliable firms and only require mixing with boiling water to form a most palatable beverage.

Unfortunately, gruel is something that every housewife does not know how to make; and the burnt, untempting compounds frequently served under that name are responsible to a large degree for their unpopularity.

MULLED GRAPE OR LOGANBERRY JUICE.

Place a broken stick of cinnamon, two whole cloves and a slight dusting of nutmeg in a bowl with half a cupful of hot water. Cover the bowl, place in a larger vessel of boiling water and let stand for ten minutes. Strain, add two tablespoonfuls of sugar and a cupful and a half of hot loganberry or grape juice. Serve very hot. If desired, the white of an egg can be stiffly whipped, the lightly beaten yolk added and the mulled juice poured over it. eBat well before serving.

EGG LEMONADE.

Beat one egg lightly, add a pinch of salt, two tablespoonfuls of sugar, two tablespoonsfuls of lemon juice and two thin slices of lemon; then add gradually one cupful of hot water and whip for a moment with an egg beater.

ISSUE NO. 10. 1920

FARMS FOR SALE

AN IDEAL DAIRY FARM—IN THE famous dairy county of Oxford, near Norwich and Hatchley; a beautiful place of 135 acres, all under-drained; half-mile from station; two houses; bank barn; out-buildings, and drilled well; known as the Penny Dairy Farm; close to school, church, milk condenser and cheese factory; will name attractive price for immediate sale of this valuable farm. Robert Penny, R. R. No. 1, Hatchley, Ont.

$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, 205 Clyde Block, Hamilton, Ontario. Regene 934.

180 ACRES—STRONG SAND LOAM, 20 acres hardwood timber, mostly large body trees, 16 acres pasture land, 9 rooms rough cast house, bank barn, cement floor hog pen, other out-buildings, 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. B. Biggar, 205 Clyde Block, Hamilton, Ontario. Regent 934.

$4,000—NEAR BEAMSVILLE, 30 acres clay loam, including 8 acres bush and pasture land, 7 rooms brick house, stone foundation, good cellar, frame kitchen and wood shed, verandah, good barn, 30x36, 9 acres fall wheat, schools, churches, etc., in Campden Village, ¾-mile away. Will take city property in exchange. J. D. Biggar, 205 Clyde Block, Hamilton, Ontario. Regent 934.

90 ACRES—NEAR DUTTON—SPLENdid land; tile underdrained; $5,500; very easy terms. James Routledge, 57 West avenue south, Hamilton.

MISCELLANEOUS

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

APPLES EGGS POTATOES

I buy any quantity of Apples, Eggs, Potatoes, Parsnips, Carrots or Turnips. Will quote you prices on any other vegetables or good butter.

D. B. GORDON

Cor. Mary and Macauley, Hamilton, Ont. (Phone Regent 3049)

FOR SALE

KNITTING YARN, ALL WOOL, SAME quality as we made for Red Cross. Grey only. One dollar thirty per pound. Sample skein thirty cents. Ask for sample of our fine Lambswool colored yarns. Georgetown Woollen Mills, Georgetown, Ont.

BOOK BARGAINS—OLD SECRETS and New Discoveries, six valuable books combined, 250 pages, worth $1.50, only 25c postpaid. Write Promotion Service Co., Dept. 8, 110D Joliette, Montreal.

FOR SALE OATMEAL MILL

Capacity 140 barrels. Owner retiring from business. Apply, 39 Front Street East, Toronto.

HELP WANTED

WANTED

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

POULTRY WANTED.

HENS WANTED ALIVE, 27 CENTS A pound, any kind, any size. No deduction for shrinkage. I pay express from any station in Ontario. Ship collect on delivery for full amount in crate or boxes or I will send crates free. Albert Lewis, 666 Dundas street west, Toronto, Ont.

BEANS

Send Samples. State Quantities.

MORROW & CO.

39 FRONT ST. E., TORONTO, ONT.