Have You Ever Thought of This? —That a Cup of "SALADA" TEA

"SALADA" TEA

B567

properly infused, is one of Nature's greatest blessings as a harmless stimulating beverage.

JAPANESE DIVERS.

They Are the Most Skilful in the World.

There is at any rate, one post-war activity in which Britons have to take a back seat.

That is as deep-sea divers in the work of salving vessels which have been sunk by mine or torpedo.

It is here that the Jap shows his superiority. The Japanese diver can descend to a greater depth than the British diver, and, what is more, he will remain longer under the water without apparent injury to health.

This is no more boasting claim by the Japanese themselves; it is the rueful but truthful admission of an expert with a long association with marine salvage work. Few Japanese divers are engaged at work around the coasts of Britain, their activities in this direction being mostly confined to the Mediterranean.

The greatest depth at which a British diver can work under water without doing himself a serious injury is from twenty to twenty-two fathoms — that is, at the most, 130 feet below the surface. Even then our divers can remain only a comparatively short time at that depth, and they are obliged to descend and ascend very slowly to prevent the blood gushing from their bodies.

In some of the Government salvage ships what is known as a decompressing chamber now provided, which the diver on ascending can enter and a rule he is not in such haste to give the signal to be hoisted up as his British colleague.

Eastern fatalism enters largely into the composition of these Japanese divers, and on this account the yellow men are inclined to take risks far below the surface, which British divers, no less intrepid, would hesitate to take.

Unexpected danger often confronts the deep-sea diver who has located a wreck which has been sent to the bottom by torpedo.

The pressure of the water frequently has the effect of crumpling up parts gradually become acclimatized to the natural atmosphere on the surface. A Japanese diver can work with comparative comfort at a depth of twenty-seven or twenty-eight fathoms, or nearly 170 feet below the point where the salvage ship is moored, and as of the vessel near the spot where the torpedo has shattered the sides, and sometimes even an ordinary touch will cause part of the splintered hull to collapse. The danger in such circumstances of being enveloped by a mass of wreckage is ever present.

SINCE 1870 SHILOH 30 DROPS STOP COUGHS

YOUR SILVER.

Do you know that time, labor and patience are saved by cleaning silver frequently, so that it does not get tarnished?

If eggs have discolored your small pieces, the marks can be quickly cleaned by rubbing it with a soft damp cloth which has been dipped in the finest table salt.

Do not keep too large a supply of small flat pieces in circulation, if you do your own work. That not in use should be kept wrapped in clean oil old outing flannel with a small piece of gum camphor, so it will be bright and clean when needed.

Forks should be wrapped separately as they are liable to scratch the spoons.

A soft brush is nicest to clean beading or fancy designs.

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.)

ZAM-BUK

PURELY HERBAL—No poisonous matter.
ANTISEPTIC—Stops blood-poison.
SOOTHING—Ends pain and smarting, etc.
PURE—Best for baby's rashes
HEALS all sores.

50c box—All dealers.

Flowers of Poland.

According to an English newspaper correspondent who recently reported a journey he had made from Paris to the Polish capital, the most impressive spectacle that he saw was the mantle of blossoms, clustered profusely, which fringed the highways and byways about Warsaw. "All the wars of Poland," he writes, "could not check the new life that came riding through her borders at the head of the advancing spring, sprays of lilac found place in the gray caps of Polish lancers, tulips and chestnut leaves, tokens of the new lawn, the garb of peer and peasant. Everywhere was spring yielding back a measure of her everlasting rights." But the flowers never took much notice of the war en "at the front."

WOOD'S PHOSPHODINE.

The Great English 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 $1 per box, six 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.

A GOOD RUNNER.

(Baltimore American.)

"Does your son show any particular athletic tendency at college?"

"Oh, yes; he's running through my money."

Keep Minard's Liniment in the house.

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 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, 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.

CULTIVATION OF MUSTARD

(Experimental Farm's Note).

The seeds of two species of Mustard are used commercially, namely White Mustard (Brassica alba) and Black Mustard (Brassica nigra). The common names of both species are somewhat misleading as in both the flowers are yellow in White Mustard and brown to dark purple in Black Mustard.

Both species grow rapidly, and the seeds can be sown from the beginning of May to the end of the first week in June. The crop will, as a rule, be ready for cutting in August.

Experiments with both species were carried out at the Central Experimental Farm during 1916, and also to some extent during 1917 and 1918. The seeds were obtained from the United States, France, Holland, Sweden, and Russia.

The plots were of various sizes, and the rates of sowing per acre also varied considerably. The yield of seed varied and was influenced largely by the dryness or otherwise of the season at the time of flowering. The seed-pods of White Mustard usually remain closed when ripe, but in Black Mustard the pods open as they ripen and allow the seeds to escape, consequently the latter crop has to be cut as soon as the first pods are ripe.

The particulars of yield per acre for White Mustard are as follows:—

Sown at the rate of 7 lbs. per acre, yield of sed at the rate of 32 1-4 lb. per acre.

Sown at 11 1-4 lbs. pr acre. yield of seed 198 3-4 lbs. per acre.

Sown at the rate of 14 1-2 lbs. per acre, yield of seed 346 lbs.

Sown at the rate of 14 lbs. per acre, yield of seed at the rate of 891 lbs. per acre.

For Black Mustard the yields were as follows:—

Sown at the rate of 7 lbs. per acre, yield of seed at the rate of 39 3-4 lbs. per acre.

Sown at the rate of 11 1-4 lbs. per acre, yield of seed at the rate of 22 1-2 lbs. per acre.

Sown at the rate of 13 3-4 lbs. per acre, yield of seed at the rate of 30 lbs. per acre.

Samples of both species were sent to one of the leading firms of Mustard Manufacturers in Canada, which reported as follows:—

"The yellow mustard seed has a fairly good flavor but not as good as the standard English which we consider the best. The black mustard shows good volatile strength and good flavor and to our mind equals the best that is grown."—J. Adams, Assistant Domin on Botanist.

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c and $1.00 Bottles.

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

GRANITE HIGHWAY.

Building in the Rockies Through Colorado.

Taking example from the famous Appian way, which has the name of being the first great road undertaken by the Romans as a public work, the state of Colorado, with the help of an appropriation by the United States Government, is building a highway of solid granite in the Rocky mountains. No other highway in the world, it is predicted, will provide travelers with so magnificent a scenic setting, close to a sheer fall of 3,000 feet on the other side of the great concrete posts and cables that will safeguard vehicular traffic. One gets an idea of the road from the practical statement that it is costing $25,000 a mile to build. Like the Appian way, on which long stretches of pavement first traveled over 300-odd years before the Christian era, still remain practically perfect, the chairman of the Colorado highway commission believes that Colorado is creating a work which will defy the centuries and stand, on completion as the most wonderful road in the modern world.

Ask for Minard's and take no other.

GREENS.

Now is the Time They Are at Their Best.

Now is the time to eat greens while they are green, tender and juicy. It is a most desirable change from the very solid and substantial feeding of the winter months.

Among the cultivated or garden plants that are used for greens, spinach is perhaps the most popular. It is found on the city market practically all winter and is still more abundant and lower in price in the spring. A small patch in the garden will provide several meals for the family if only the large leaves are taken at each cutting, leaving the bud to grow and produce more leaves.

Mustard grows very quickly and is a favorite with those who like the slight roughness of the leaves. Watercress, which is usually eaten raw, grows in running water and comes out early in the spring. Unless it is thinned out occasionally it will soon choke up a small stream with its luxuriant growth.

Carrot tops, when very young, make good greens, and the small roots and the tops may be cooked together. Beet greens may be used the same way, the whole plant being cooked even after the leaves are quite large and the little beets as big as marbles.

Among the field plants that are used for greens the dandelion is about the first to appear. When very young the leaves may be used as salad with a dressing of oil and vinegar, or with hot bacon drippings and vinegar. As the plant grows larger a bitter taste develops and the leaves are better when cooked than they are raw. Cook dandelion greens in boiling salted water for thirty minutes, or until they are tender, drain, chop and season them with salt, butter and vinegar.

Plantain, which is as great a pest when it gets a start on the lawn as the dandelion is, makes good greens when the leaves are young and tender. Cook and season the same as dandelion, or boil with a piece of salt pork.

Lamb's quarter and curly dock are both good. The dock grows in such large bunches that enough for a meal may be gathered very quickly.

Sorrel, which grows so abundantly in some places, may be cooked as greens, used in salads and in cream soups, and is sometimes used as a pie filling.

Removal of Stains

Many new garments are discarded because, as the owner suposes, they have been ruined by sains. Nearly all stains can be removed at home.

One of the most important factors is to apply the stain remover while the stain is still fresh. Drying, exposure to air, washing and ironing all make it harder to remove the stain. The nature of the stain should be known if possible before its removal is attempted, since this determines the treatment to be adopted. An unsuitable stain remover may "set" the stains so its removal becomes difficult or even impossible.

The kind of fabric on which the stain occurs also should be known, for the method of treatment depends much on the nature, color, weave, finish and weight of the fabrick. Do not use strong acids on cotton, and even diluted ones should be neutralized afterward with a suitable alkali. Care also should be taken in the use of the alkali, as it weakens the fabric.

After any reagent rinse the fabric well. Do not use very hot water on wool or silk. Rubbing also must be avoided with these fabrics. Both wool and silk are dissolved by strong alkalis; borax or a weak solution of ammonia is more suitable. Acids, with the exception of nitric, do not attack silk and wool readily.

With colored materials avoid use of a bleaching agent, which will destroy the color of the material. Because of this it is much more difficult to remove stains from colored material than from white.

The chemists of the Department of Agriculture have conducted a series of experiments in removing stains from various materials, and the results of their efforts are summed up as follows:

Blood and meat juice—Use cold water; soap and cold water; or starch paste.

Bluing—Use boiling water.

Chocolate and cocoa—Use borax and cold water; bleach if necessary.

Coffee and tea (clear)—Use boiling water; bleach if necessary.

Coffee and tea (with cream)—Use cold water, then boiling water; bleach if necessary.

Cream and milk—Use cold water, then soap and cold water.

Egg—Use cold water.

Fruit and fruit juices—Use boiling water; bleach if necessary.

Grass—Use cold water; soap and cold water; alcohol; or a bleaching agent.

Grease and oils—Use French chalk, blotting paper, or other absorbent; or warm water and soap; or gasoline, benzine or carbon tetrachloride.

Iodine—Use warm water and soap; alcohol, or ammonia.

Ink—Try cold water; then use an acid or bleach if necessary.

Iron—Use oxalic acid; hydrochloric acid; salts of lemon, or lemon juice and salt.

Kerosene—Use warm water and soap.

Lampblack and soot—Use kerosene, benzine, chloroform, ether, gasoline or carbon tetrachloride.

Mildew—If fresh, use cold water; otherwise try to bleach with Javelle water of potassium permanganate.

Paint and Varnish—Use alcohol, carbon tetrachloride, chloroform or turpentine.

Perspiration—Use soap and warm water; bleach in the sun or with Javelle water or potassium permanganate.

Pitch, tar and wheel grease—Rub with fat; then use soap and warm water, or benzine, gasoline or carbon tetrachloride.

Scorch—Bleach in the sunshine or with Javelle water.

Shoe polish (black)—Use soap and water, or turpentine.

Shoe polish (tan)—Use alcohol.

Syrup—Use water.

Stove polish—Use cold water and soap, or kerosene, benzine or gasoline.

Vaseline—Use kerosene or turpentine.

Water—Steam or sponge the entire surface of water spoiled materials.

Wax—Scrape off as much as possible. Use French chalk, blotting paper or other absorbent with a warm iron; or use benzine or gasoline. If color remains, use alcohol or bleach.

DOMINION MEDICAL INSTITUTE
NERVE. SKIN. BLOOD. STOMACH & LUNG DISEASES
CONSULTATION FREE CORRESPONDENCE INVITED
70 Lombard Street TORONTO

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 Patented Tin-Hinge-Cover Box. At your Druggist, or direct by Mail, price $2.00. Knickerbocker Remedy Co., 71 Front St. East Toronto, Canada.

QUEEN'S UNIVERSITY

Kingston, - Ont.

ARTS

Part of the Arts course may be covered by correspondence

SCHOOL OF COMMERCE
BANKING

MEDICINE EDUCATION

Mining, Chemical, Civil, Mechanical and Electrical ENGINEERING

SUMMER SCHOOL July and August — NAVIGATION SCHOOL December to April

ALICE KING, Acting Registrar

NATURAL QUESTION.

(Pearson's Weekly.)

Young Hopeful: "Say, dad, what keeps us from falling off the earth when we are upside down?"

"Why, the law of gravity, of course!"

"But how did the folk stay on before the law was passed?"

ISSUE NO. 22. 1920

FARMS FOR SALE

FOR SALE—ONE OF THE BEST farms in Esquesing Township, Halton Co. Particulars H. G. Cockburn & Son, Guelph, 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.

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

BUSINESS CHANCES

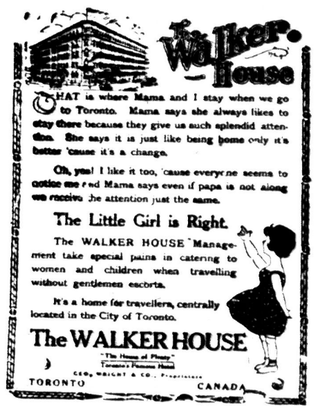
FOR SALE—GENERAL CASH BUSINESS and meat market in connection; just the right distance from the mammoth steel plant now being erected; splendid store and fixtures; best reason for selling; this is a snap for one or two live men; will sell property. J. C. Whitney, Sandwich, Ont.

FOR SALE

FOR SALE—30 x 3½ GOODYEAR ALL Weather Nonskid Tires $19.75, while they last. Bought at the old price, selling at the old price. Model Tire Co., 25 Dundas W., Toronto.

MISCELLANEOUS

WHEN ORDERING GOODS BY MAIL send a Dominion Money Order.



ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.

Write Templetons, 142 King St. W., Toronto, for freesample.

Reliable druggists sell them at $1.04 a box. 70

Received in Silence.

If Cinquevalli, by his feats of jugglery, could make men weep, as E. V. Lucas records, he could also make them pray. And thereby hangs a tale as strange as any told of the stage.

Cinquevalli had ended his career as an acrobat in Russia by a terrible fall, and after a life and death struggle he recovered, and decided to make a new name as a juggler.

His entry on the stage had hitherto been always marked by a roar of applause but on the night of his debut as a juggler he was received in dead silence.—London Chronicle.

Minard's Liniment Lumberman's Friend.

A Spring Marathon.

I'm for a walk in the woods to-day—
Who wants to come along?
Ice-bound for months, the little brooks
Begin their tinkling song;

In tender green, the birch trees slim
Are gaily gossipping,
The maples hang long tassels out
To celebrate the spring.

Young pussywillows preen themselves—
So softly gray and neat—
And velvet moss its carpet spreads
For pavement-weary feet!

The birds are back—the world's awake—
From Winter's thrall set free!
Come, leave dull care at home, and take
A woodland tramp with me!

—Mazie V. Caruthers, in New York Times.

EXCEEDINGLY EXCITING.

"Quite an exciting fire you had here last night, wasn't it?" asked the recently arrived guest.

"Excitein'est in sixteen years!" triumphantly replied the landlord of the tavern at Peeweecuddyhump. "Why, great grief, one of our foremost—we've got four of 'em, each of which thinks she's the most—society ladies ran all the way to the holocaust with her false hair in her hand!"

JUST HOW TRUE?

A girl and a man sat under the palm just outside the ballroom.

"Is your love true?" asked the girl.

"As true," the man answered in low, passionate tones, "as true as the delicate flush on your cheek."

"Oh—er—ah," the girl stammered hurriedly, "isn't—doesn't the band play nicely?"

Minard's Liniment used by Physicians

You never can tell. Even the chronic handshaker may have a knife up his sleeve.