



**"DELILAH."**

**A True Story for the Boys and Girls.**

Delilah was one of a family of four wild ducklings. She was hatched, however, by a domestic hen who acted as her foster-mother. Her place of birth was on the farm of Jack Miner, at Kingsville, Essex Co., Ont.

Delilah's sisters were Polly, Susan and Helen. They were wild enough little creatures at first, but soon learned to eat custard and were so tame that a tap on a tin pan would bring them all running up for food.

Now, Mr. Miner had often been asked the question, "Do birds return to their homes?" He felt sure they did, but he had no proof. Here was a fine chance to make an experiment. So he marked each of these four ducks with an aluminum tag with the words, "Box 48, Kingsville, Ont."

They migrated on or about December 10, 1912. Helen got shot at lake St. Clair. On March 14, 1913, Polly came home on March 18, Delilah returned, and on March 30 Susan appeared, though wounded in the wing and foot. So the question as to the return of birds was answered.

In the autumn of 1913, they migrated again, and in the spring of 1914, back came Polly and Delilah and brought their mates with them, too. The young drakes were shy at first, but the two ducks coaxed them down. They raised families that year, and, in the autumn, away they went again.

In the spring of 1915, Delilah arrived on March 13 and Polly three days later. A shot had grazed across her beak and cut the side off, leaving it hanging. She just stood around with her mouth open. Jack Miner gave her custard and porridge and, in two days, he had her in his hands. In about a week or so, he took both ducks to a photographer, stood them on a table and got a picture of them.

Notice how birds know their enemies and their friends. These ducks had been shying around trying to keep clear of people lying in ambush for them, and now they were eating out of a man's hands. These creatures are not so silly as we are apt to think them.

Polly stayed the winter of 1915-16 on Mr. Miner's place, but in the spring of 1916 she was shot. Delilah, however, migrated regularly every autumn and returned the following spring, returning thus six times in all. During the six seasons, she has raised five families, two of eight, two of nine, and one of twelve—forty-six ducklings in six years.

This shows that, if we protect the mother birds, we need have no fear of the extermination of our wild life. But it also shows what fearful destruction can be wrought by indiscriminate shooting, especially in the spring.

Remember that, though shooting may give you a little pleasure, it is well to limit your bag that, in future years, the birds may not have disappeared.

**How a Town Was Saved by a Clock.**

In the old days when every city had to be well guarded the ancient town of Basel, in Switzerland, was surrounded by a high wall. There was only one gate. Beside it stood a tower with a clock in it, and at the foot of the tower lived the old man who was the keeper of the gate. It was his business to be always on the watch, that no enemy might get into the town.

The old man did his duty so well that for years no harm came to the city; but inside it were traitors who had long planned to turn it over to its enemies. The old guardian suspected that evil was hanging over the city, but there were no soldiers to help him, and so he could do nothing but watch and listen.

One night, when all the lights of the town had been put out, the old man's keen eyes caught sight of shadows skulking near the tower. He knew it was the traitors, and that they were their for no good purpose.

It was even then nearly midnight, and his sharp ears caught the whisper, "When the clock strikes twelve." That meant, of course, that the stroke of twelve had been agreed upon as the signal for the traitors to fling open the gate and deliver the town into the hands of its enemies.

The old man, listening in his little room, wondered what he should do. He had little strength himself, and there was no time to get help.

At last, when it lacked only five minutes of midnight, he thought of a plan. Climbing the stairs of the tower as fast as he could, he groped his way to the clock and opened its case with trembling hands.

A little later one long clear note struck from the top of the tower. Only one, then silence. The old man, leaning from the window, heard excited whispers below.

"Why doesn't it go on striking?" "Could we have slept while we waited?"

The sharpness of that one solemn stroke on the silent air frightened the traitors. They crept away, sulky and fearful, in the darkness. Outside the gate the waiting enemy also heard the stroke, and after a time they went away bewildered.

The next morning the mayor sent to the gatekeeper to ask why the clock was an hour fast. When he heard what had happened he ordered a great celebration in honor of the old man who had saved the town. Later on, the people set up a figure over the gate of the city to make them remember their deliverance: a curious figure that once in so often stuck out its tongue, as if to mock the memory of the traitors whose plans the quick wit of the old man had spoiled.

As for the clock itself, it was never set back. From that time on it remained an hour fast, in memory of the time when its single stroke saved the town.

**PAINFUL NEURALGIA**

**Is Caused by Thin, Watery Blood and Cured by Enriching the Blood.**

Most people think of neuralgia as a pain in the head or in the face, but neuralgia may affect any nerve in the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease are the same. The cause being the same, the cure to be effective must be the same. The pain in neuralgia is caused by starved nerves. The blood which carries nourishment to the nerves has become thin and impure and no longer does so, and the pain you feel is the cry of the nerves for their natural food. You may ease the pain of neuralgia with hot applications, but you can only cure the trouble by enriching and purifying the blood. For this purpose we know of no medicine that can equal Dr. Williams' Pink Pills. These pills actually make new, rich blood and thus act as the most efficient of nerve tonics. If you are suffering from this most dreaded of troubles, or any form of nerve trouble, give these pills a fair trial, and see how speedily you will be restored to good health.

You can get Dr. Williams' Pink Pills from any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**A Wholesome Diet.**

The public must necessarily judge food very largely by the eye. Green colored apples are difficult to sell, even when of fine quality, but a red apple will usually bring a good price, even though the actual flavor may be but little better than a turnip. Rice, in order to make it attractive, has to be coated with glucose and powdered talc, by which it gets its fine gloss. Butter must be yellow to please the purchaser and is therefore frequently colored with a yellow dye. But the public demands wheat flour in as white a form as possible, and hence it has often been bleached to remove its natural yellow tint. In bulletin No. 40, "The Use of Coarse Grains for Human Food," which may be had free upon application to the Publications Branch, Department of Agriculture, Ottawa, it is shown that with the advance of civilization and the improving of machinery there has been a tendency to discard the coarse and relatively indigestible substances in our

food, with the result that we have reached a stage where most people consume too large a proportion of refined material and too little of the necessary coarse and relatively indigestible substances. Lately, however, people have become alarmed and action has begun against what may be fairly called "over-purification of foods." The object of the new bulletin is two-fold: first, to show to farmers generally how they can become more nearly self-sufficient as far as the food supply for themselves and their family is concerned; and second, to point out for the benefit of other classes of people some ways of economizing in the cost of their food, and at the same time improving the wholesomeness of their diet.

**72-MILE RANGE OF BIG BERTHA**

**When First Test Made Germans Thought 45 Miles Would be Limit.**

When Big Bertha, the German long-range cannon, was manufactured at Essen there was a great deal of speculation in Germany as to the range at which she would have to be fired to hit Paris. Artillery experts calculated that she would carry 75 kilometers (45 miles), but powder experts said the piece would carry a good deal farther.

Elaborate preparations were made for an actual test. This took place on the artillery training grounds at Meppen, with the muzzle of the big gun pointing north toward East Friesland. Numerous detachments of artillerymen were stationed at intervals in the heathland east of Emden to report the location of the shell upon impact. When the first round was fired, to everybody's amazement none of the detachments made a report, and for some time the landing of the shell remained a mystery.

Three more rounds were fired, with the same negative result, and the experts began to wonder whether the shells had descended anywhere at all. It was discovered eventually that all four rounds had burst on one of the Friesland Islands, a distance of 120 kilometers (72 miles) from the gun.



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Make a compost heap near or in your garden by piling a layer of soil on top of a layer of manure; then a layer of leaves or any organic matter; another layer of soil and some more organic matter, such as straw, stable manure, leaves, grass clippings, plant and meat wastes, ground bones, tree and shrubbery clippings, all piled and mixed and allowed to decompose during winter. This heap should be turned over twice during the winter months and applied to the garden in the early spring. Compost is one of the best lawn fertilizers, and helps vegetable growth when scattered over the ground around young plants.

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**Health**

**Deep Breathing.**

Everyone must breathe, but almost no one breathes well—or as well as he might. Breathing, unlike most other automatic actions, such as the heart-beat, is more or less under the control of the voluntary nervous system. The heart-beat for the vast majority of mankind—although there are some freakish exceptions—has passed entirely out of voluntary control; but breathing must continue more or less voluntarily, for there are several actions, such as talking and singing, in which we must by volition change its rhythm and its depth.

The essential function in breathing is to aerate the blood, and when the respirations are of the proper depth and rapidity the work is done perfectly, and an even balance of health is maintained. Unfortunately, most of us do not breathe properly; the common fault is not breathing deeply enough. The inspirations should be full enough to expand the lungs and to open all the little air cells so that

the blood in the minute arteries are exposed to the purifying action of oxygen. Deep inspirations also cause an alternation of the amount of blood in the abdomen and prevent venous stagnation, which is at the bottom of many minor ills of the digestive organs.

Another result of the more perfect oxygenation of the blood that follows deep breathing is a sharpening of the mental faculties and a clearing away of the cobwebs that the spiders of worry and of discouragement spin round and through the brain. Of course we cannot devote all of our waking moments to a regulation of breathing; there are other things to do, and, moreover, it would be overdoing a good thing if we were to breathe to the fullest extent all of the time. What we should do is to practice deep breathing out of doors or at an open window for a few minutes three or four times a day—before going to bed and on getting up, and then before the midday and the evening meal.

It sounds simple, almost too simple, like the prophet's advice to Naaman, the leper, to bathe seven times in the Jordan; but the person who tries it,—inhaling slowly and to the fullest possible extent, pausing three or four seconds and then letting out the breath quietly, about five times a minute,—will find himself at the end of two months or so a better creature mentally and physically, and probably morally as well.

Tests made in Ireland by scientists have shown that the wind carries some disease bacteria 200 feet and as high as 60 feet into the air.

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