

Chest Colds and Hoarseness Quickly Rubbed Away

"Nerviline" Gives Speedy Relief and Cures Over Night.

Got a cold? Is your voice raspy—is your chest congested or sore? If so, you are the very person that Nerviline will cure in a jiffy. Nerviline is strong and penetrating. It sinks right into the tissues, takes out inflammation and soreness, destroys colds in a truly wonderful way. Rub Nerviline over the chest—rub on lots of it, and watch that tightness disappear. Nerviline won't blister, it sinks in too fast—doesn't simply stay on the surface like a thick, oily liniment would. If the throat is raspy and sore, rub it well outside with Nerviline, and use Nerviline as a gargle diluted with warm water. Just one or two treatments like this and your voice and throat will be quick normal again.

Just think of it—for forty years the largest used family medicine in this country—Nerviline must be good, must quickly relieve and cure a hundred ills that befall every family. Try it for earache, toothache, coughs, colds, sore chest, hoarseness and muscular pains in every part of the body. Large family size bottle, 50c.; trial size 25c. at all dealers.

CHOOSING A CAREER.

Parents Should Study Character of Their Children.

It is very important that children should be allowed a voice in choosing a business career for themselves, and that their tastes should be considered before they are put out into the business world. It is because they are not consulted in the matter of a future livelihood that so many square pegs live on in round holes.

Many a young man who fails to make a footing for himself in the professional world, or the world of trade, does so because he is in the wrong environment. He might have done well had he followed a different occupation, but possibly he was hurried into taking the first "job" that came along, and was afterwards fearful of giving it up lest he might be stranded.

There are born leaders and born followers among men, but unfortunately they are not always rightly placed in the world, and the real generals have to take a back seat while the lieutenants rule, and in this way chaos comes, for the able lieutenant is often a very bad general.

It is for parents to study the characters of their children and to help them, as far as possible in choosing the right profession, and concentrating their energies on what will lead to them in the future.

Let the young benefit by the experience of their elders, and avoid waste of time by taking up an uncongenial occupation that will be adhered to only for a time.

The specialist always has the advantage of the man who can only do the work that scores of other men can do, and it is well, therefore, to become a specialist, if possible.

HARD ON CHILDREN

When Teacher Has the Habit.

"Best is best, and best will ever live." When a person feels this way about Postum they are glad to give testimony for the benefit of others.

A school teacher writes: "I had been a coffee drinker since my childhood, and the last few years it had injured me seriously." (Tea produces about the same effects as coffee, because they both contain the drugs, caffeine and tannin).

"One cup of coffee taken at breakfast would cause me to become so nervous that I could scarcely go through with the day's duties, and this nervousness was often accompanied by deep depression of spirits and heart palpitation.

"I am a teacher by profession, and when under the influence of coffee had to struggle against crossness when in the school room.

"When talking this over with my physician, he suggested that I try Postum, so I purchased a package and made it carefully according to the directions; found it excellent of flavour, and nourishing.

"In a short time I noticed very gratifying effects. My nervousness disappeared, I was not irritated by my pupils, life seemed full of sunshine, and my heart troubled me no longer.

"I attribute my change in health and spirits to Postum alone."

Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum. —sold by Grocers.

THE BASIS OF PROPELLANTS.

How Cotton Is Prepared for Use in Explosives.

Cotton in the form of nitrocellulose is the most important component of all military propulsive explosives. Strictly speaking, the raw material used is cotton waste, or the stuff rejected in the manufacture of cotton goods. Jute, ramie, kapok fibre, sulphite pulp, spun cotton, and other forms of cellulose, have all been tried, but the only trustworthy material is cotton waste. According to Nature, the method of producing a satisfactory form of nitrocellulose from cotton waste is as follows: The waste is hand-picked, so as to remove the grosser impurities. The product is combed, picked once more, and then dried. Then comes the nitration process, which consists in immersing the purified waste in a mixture composed of twenty-one per cent. of nitric and seventy-one per cent. of sulphuric acid and eight per cent. of water. After the mixed acids have acted for the required time, they are poured off, and the guncotton is washed to remove as much of the acid as possible, and is further purified by being boiled several times in water. The boiling is of great importance, for in that part of the process the unstable—that is, the quickly explosive—bodies produced during nitration are dissolved or decomposed, and so leave the nitrocellulose in a condition to be safely handled. Lastly the cotton is reduced to pulp, washed again, then partly dried, and moulded under pressure into the required shape. No other form of nitrated cellulose is so effective.

HEALTHY CHILDREN

A child's health depends upon the state of his stomach and bowels. If they are kept regular and sweet the little one is sure to be healthy. Baby's Own Tablets are the mother's best friend in keeping her little ones well. They act as a gentle laxative; are absolutely safe and are pleasant to take. Concerning them Mrs. David Label, Ste. Perpetue, Que., writes:—"My baby was so troubled with constipation that he could not sleep day or night. I gave him Baby's Own Tablets and now he is a big healthy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE SHIPS THAT KEEP THE SEA.

British Fleet Is Always Ready for Battle.

Britons had no special need to have their faith in the navy re-inspired. It has never been lacking. Every day of immunity from German attack by sea, says the Ayrshire (Scotland) Post, has been its warrant; every day, too, of the skulking of the enemy in the Kiel Canal. It lies there, helpless, and not a single German craft, militant or peaceful, dare venture out into the blue seas. It is cheering, none the less, to read the account furnished by the accredited representative of the United States who has been permitted to visit the British ships, and to see with his own eyes how they look, and how they fare, and how sufficient they are for their work. There are the submarine hunters. By officers and men the submarine is regarded as "great sport." It appeals to them. On a chart the American was shown marked points that indicated where many submarines were either captured, or sunk, or supposed to be sunk. The auxiliary fleet, trawlers, mine-sweepers, and other like craft, number 2,300. Out on the North Sea are the patrols, and were these to report the slightest sign of the enemy, the big ships are ready to respond at a moment's notice. And the big ships themselves, "the immense field of grey shapes at anchor in precise order, which as one drew nearer became line after line of Dreadnoughts!" As compared with some of the later monsters, the Queen Elizabeth, home from the Dardanelles, looked small. In her place in what is called "The Cat Squadron," lay the Tiger, the same Tiger that the Germans claim to have sent to the floor of the North Sea. And overhead sailed the seaplanes keeping guard over the monsters dozing at their anchor chains. Sir John Jellicoe, with his telescope under his arm, Beatty, Sturdee, and the rest of the squadron commanders, impressive in their youth, and all of unslacking vigilance, the bluejackets healthier than they were in peace times and constantly kept up to the mark in drill and in shooting, and in readiness for action at a moment's notice—all combine to make complete a satisfying picture. And from Jellicoe down they are all agreed that, if ever Germany had a chance on the North Sea, she has none now. It is Britannia that rules it. It is Britannia that keeps the sea. Germania sees to the canal.

Barbarities of War.

She (viewing the flagship)—What does he blow that bugle for? He—Tattoo. She—I've often seen it on their arms, but I never knew they had a special time for doing it.

Minard's Liniment Cures Burns, Etc.

Manners in Business.

"If you'd assume a more genial manner you would get along better in business."

"Huh! I tried it once and everybody I met wanted to borrow money."

Minard's Liniment Relieves Neuralgia.

Problem in Composition.

"You seem to be having a struggle over that letter."

"Yes; I want my wife to think I miss her, but I don't want her to get to feeling so sorry for me that she'll hustle home."

Wonderful Miracles Worked On Weak Stomachs

By Dr. Hamilton's Pills

There are despairing men and women by the thousands in this City whose stomachs keep them in constant misery that can be quickly restored to vigorous health by Dr. Hamilton's Pills. We know of no other medicine that possesses the power to kindle into new life the exhausted energies of chronic stomach sufferers. There is an extraordinary power in Dr. Hamilton's Pills that searches out the weak spots, that braces up the delicate glands and complex workings of the stomach and bowels. There are invigorating, stimulating tonic ingredients in Dr. Hamilton's Pills which are derived from powerful juices taken from rare herbs and roots, and these are scientifically combined with other medicinal products so as to assist in a harmonious and proper working of the entire system. The ingredients of Dr. Hamilton's Pills, coming from the great storehouse of Mother Nature herself, can be relied upon to be harmless. Guaranteed results follow to all who use Dr. Hamilton's Pills for Stomach Weakness, Gas, Sourness, Headache, Bilioussness or Constipation. Seekers of the better health can not do better than invest 25c. in this health-bringing family medicine.

Funeral Under Fire.

Brigadier McKenzie, of the Salvation Army, who is one of the chaplains with the Australian forces at the Dardanelles, has frequently been under fire. He conducted the burial service at the interment of Colonel Onslow Thomson's remains. "It was very gratifying to find our colonel's body," he writes. "We buried it at nine o'clock, after dark, as it lay in an exposed position. I had to kneel down and keep my head and body in a crouching position while reading the burial service. Hundreds of bullets swept over us while this was going on."

Alcohol Gives Way to Tea.

The restriction of the sale of spirits in England has resulted in a greatly increased consumption of tea, and even though the new laws regarding the use of alcohol should be relaxed after the war a large percentage of people will have acquired a permanent taste for nature's stimulant—tea. Undoubtedly the consumption of tea is increasing throughout the world, and will continue to increase at a greater rate during the next few years, and until the supply can cope with the demand higher prices for tea must be expected.

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Ask Your Doctor

about this food formulae. It's Dr. Jackson's Roman Meal. 30% whole berries of wheat. 35% whole berries of rye; both granulated, not crushed. 25% deodorized and tasteless flaxseed and 10% wheat bran. It makes delightful nut-brown porridge, pancakes, bread, and all baked products. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." At all grocers, 10 cents and 25 cents.

Maid or Cook.

The Wife—Do you know that you have not kissed me for over a week? Absent-minded Professor—Eh? Then I wonder who in the world I have been kissing.

Not Polite to Use a Hammer.

She—Have you been up to break bread with the new bride and bridegroom yet? He—No, I'm not feeling very strong.

So It Seems.

"Into each life some rain must fall."

"The poet who wrote that must have had last summer in mind."

For such a wide world there are a lot of narrow men.

Minard's Liniment Cures Dandruff.

AN INGENIOUS WATER COOLER.

Butter and Other Things Kept Cool In Summer.

Pierre Lord has discovered that an ordinary flowerpot can be utilized to keep butter, water, and other things cool during the hottest of summer days.

An ordinary flowerpot will serve the purpose well, in fact any clay jar, or common unglazed earthenware pot, will answer. All that is necessary is to moisten a cloth with strong salt water and keep it over the top of the flowerpot. The ends should drop down into a soup dish or basin in which the flowerpot should stand. This draining dish must be kept full of water all the time. A dark, cool pantry is a good place in which to keep the clay pot or jar.

Another way is to wrap a layer of burlap round a porous jar. The water is placed in the jar and exposed to a current of air on a dark window sill, with the windows open and the shutters closed. The water inside the porous receptacle percolates in a microscopic moisture to the outer surface. The burlap wrapping maintains such a slow rate of evaporation that the pot is kept cold, and that cools the contents.

Corns Applied in 5 Seconds Cured Quick

Sore, blistering feet from corn-punched toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c. bottle of "Putnam's to-day."

ENGLISH BILLET TROOPS.

Inland Towns House Large Number of Soldiers.

The city of Ipswich, England, the chief knowledge of which to Canadian readers comes through the post-humorous papers of the Pickwick Club with an introduction to George Nupkins, Esq., mayor of that city, is now reported to be consumed with envy of its neighbors, Norwich and Colchester, for while Ipswich folk receive only half a crown a day—that is about 60 cents in our currency—for ministering to the comforts of a soldier billeted upon them, the billeting rate at these other places is about 84 cents a day. Householders are threatened that if they should grudge "central feeding" will be adopted and billets be required only for lodging at 9 pence, that is 18 cents, a day. A story is going that when central feeding was in force the rations were so bad that a rebellious soldier hung to a lamp-post a sample ration and this sentiment:

Your king and country need you; And this is how they feed you!

We believe MINARD'S LINIMENT is the best:

Mathias Foley, Oil City, Ont.
Joseph Snow, Norway, Me.
Charles Whooten, Mulgrave, N.S.
Rev. R. O. Armstrong, Mulgrave, N.S.
Pierre Landers, Sen., Pokemouche, N.B.

Place for Them.

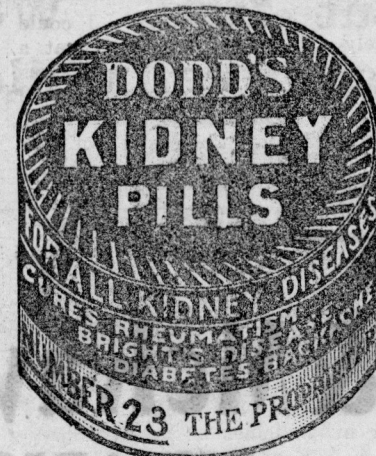
An Irishman on board a steamboat for the first time seeing life-preservers, asked what they were, and being told, remarked: "Thin why don't ye put them in the hospitals, where people is dyin' and dyin' all the toime?"

Minard's Liniment for sale everywhere.

Just So.

"I saw a professor of magic remove thirty yards of ribbon, fourteen plumes and seven buckles from a hat."

"Enough material to trim it nicely," commented the party of the feminine part.



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FARMS FOR SALE.

IF LOOKING FOR A FARM, CONSULT me. I have over two hundred on my list, located in the best sections of Ontario. All sizes. H. W. Dawson, Brampton.

NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

THE RIGHT SCHOOL TO ATTEND!

ELLIOTT Business College
Yonge and Charles Sts., Toronto.

The demand for our graduates during August and September was four times our supply. Come now. Calendar free. W. J. ELLIOTT, Principal.

THICK, SWOLLEN GLANDS

that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with



also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2 per bottle delivered. Book 3 M free. ABSORBINE, JR., the antiseptic liniment for manning, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers. \$1 and \$2 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. O. F., 516 Lyman's Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

Wants to Know.

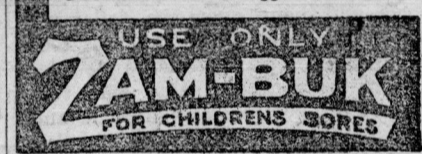
Little Girl—"Please, Mrs. Brown, mother wants to know if she can borrow a dozen eggs. She wants to put them under a hen."

Mrs. Brown—"So you have got a hen, have you, my dear. I didn't know your mother kept hens."

Little Girl—"No, she doesn't; but Mrs. White is going to lend us a hen that is going to sit, and mother thought if you'd lend us the eggs we could find the nest ourself."

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! ZAM-BUK is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.



I STOPPED MY CATARRH LIKE MAGIC

I Will Gladly Tell You How—FREE.

HEALS DAY & NIGHT

It is a new way. It is something absolutely different. No lotions, sprays or sickly smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming, or rubbing or injections. No electricity or vibration or massage. No powder; no plasters; no keeping in the house. Nothing of that kind at all. Something new and different—something delightful and healthful—something instantly successful. You do not have to wait, and linger, and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured, and my friends are cured and you can be cured. Your suffering will stop at once like magic.



I AM FREE—You Can Be Free

My catarrh made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking and coughing made me obnoxious to all, and my foul breath made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave because every moment of the day and night it was slowly yet surely sapping my vitality. But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST ONE CENT

Send no money! Just your name and address on a postal card. Say: "Dear Sam Katz, Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information, FREE, at once. Do not delay. Send the postal card or write me a letter to-day. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

SAM KATZ, Room K2584, 142 Mutual St., Toronto, Ont.