

CANADA'S RECOVERY

Reproducing a chart issued by this publication, indicative of Canada's Trade with the United States, the New York "Magazine of Wall Street," than which no better financial authority is published, comments on the return of the Canadian dollar to par as follows:

One year ago today an American visitor to Canada could take an American ten-dollar bill to a Canadian bank and exchange it for eleven dollars in Canadian currency. In other words, the American dollar in Canada commanded a premium of 10%.

Not many months before that, an American ten-dollar bill brought \$11.90 in Canada—a premium of 19%.

Today, the difference between the two currencies is so small as to be negligible. A dollar of 1914 (today 1.8 of 1915—Editor) measures the present premium, and some contracts have been made on absolute parity.

The disappearance of the premium of the American dollar in Canada is, in some part, the result of a contraction in American trade abroad, but in great measure it is the result of the expansion of Canadian trade and the very general and substantial improvement in the Dominion's economic position. The re-establishment of parity between Canada and America marks the ending of an era, as trying as it was heroic, in Canada's economic history.

In view of this recovery in Canadian affairs, American business men and investors are displaying considerably increased interest in their northern neighbor. The tender friendship and amity which would naturally exist between two peoples who speak the same language and are in nearly absolute accord as regards customs and principles of trade and commerce.

The business man's interests centre on Canada's products of foodstuffs, her vast timber lands, her mineral resources and asbestos mines. While the Dominion has undergone development on a colossal scale in the last quarter-century, the business man is aware that her territory still embraces one of the world's few remaining open spaces, and that a steadily growing market is certain to develop.

The Battle of Three Rivers.

Ottawa, Ont.—Arrangements have been made by the Department of the Interior to erect a monument on des Forges Street, at Three Rivers, Quebec, to commemorate one of the most interesting of the minor battles that followed the American attack on Quebec by Arnold and Montgomery in 1775. In the spring of the following year many of the American troops passed Three Rivers in wretched condition and the evacuation of the country seemed to be proceeding at great speed, but on June 8 it was learned that an American column was marching on the town, which was without garrison or defence. A corps of volunteers was organized by Joseph Boucher de Niverville who managed to hold the enemy at bay until the arrival of a detachment of Royal Light Infantry from Quebec. A constant fire was maintained by the Canadians and the Americans were dispersed.

The Americans had captured Antoine Gauthier, habitant, and obliged him to act as their guide. "Gauthier pointed out to them," says Dr. Sulte, the Canadian Historian, "the great risk of marching by the main road on account of the gunboats watching along the river and consequently he was allowed to strike through the bush to Ste. Marguerite. He lengthened the circuit so well that the troops in town had time to cut a long trench in the common and plant the battery on the crests of the hill near-by so as to cover the most part of the column. On June 8 the attack was made on the whole line of the trench, but the Americans were so well peppered by the rifles and cannon that they retired without renewing the attempt."

Mr. William Michelin, of Three Rivers, has generously donated a piece of ground near the site of this battle. A monument is to be erected and a memorial bronze tablet placed thereon.

Language of Stamps Had Old Beginnings.

The devout knight in days of old would show his faith to a cause by kissing the crossed handle to his sword. From this ancient custom is derived our custom of writing X to mean a kiss. The first stamp that was struck on cross-way was probably the result of carelessness, but as more and more envelopes were stamped every year, it soon occurred to someone that such a stamp was cross-ways to the envelope, and that it "stood" for a kiss.

So a "language of stamps," accidental at first, had its beginning. Many a love message has been written on the tiny space under the stamp, and to show that such a tender message was there, the stamp was often set askew.

Women have better sight than men. Short, thick curly hair is said to be a sign of great strength.

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Sensible Saving.

Minard's Liniment for Neuralgia.



Canada Has a Drug Problem
Dr. J. A. Amyot, Deputy Minister of Health, in a speech in Ottawa last week declared that Canada has between 12,000 and 15,000 drug addicts who constitute a serious menace to the Dominion. His department is at work combating the evil.

No Ordinary Felier.
"Yes, my dear," said the old lady, "there's one thing I'm thankful for, and that is that my daughter Lizzie married a gentleman."

Live so that you beautify your name, even if it wasn't beautiful to begin with, making it stand in people's thoughts for something so lovely and pleasant that they never think of it by itself.—L. M. Montgomery.

A Plague-Proof City in India

By J. H. Stephens

Although Europe had suffered from many visitations of plague before and during the Middle Ages, it was not until the nineteenth century that plague came to India.

This was due to the prevalence in India of the ancient caste system of the Brahmins, which resulted in separation and segregation. The higher castes lived apart from the lower castes, and between each of such segregations open spaces were left which allowed the circulation of fresh air, and provided for expansion without congestion. Thus, unwittingly, the caste system adopted one of the most effective measures for preventing the spreading of disease.

Under British administration, caste rules were less strictly observed, and the different castes tended to converge whilst congestion increased, resulting in the first appearance of plague in the city of Bangalore, South India. It broke out first in the most congested quarter, where sunlight and air were excluded or polluted. The natives were used to cholera and smallpox, but this new disease appalled them, and they appealed to their trusted friend, the British government, for help.

In seeking a permanent preventive of plague it was found that the disease had a peculiar affinity for rodents, and the house rat, being the commonest rodent, becomes its first victim. The fleas from the dead rat carry it to human beings. The rats, however, although they were the first victims of the disease, were not its first cause. This was found to be the absence of light and air that resulted from congestion.



Off to school on a winter morning.

Fresh and rosy—or pinched and chilly? That's a matter for Mother to decide.

Children, as well as grown-ups, need a hot mealtime beverage that is wholesome, invigorating, and free from harmful after-effects.

Childhood is the period when nervous activity is at its height. The brain is ever busy receiving new impressions; the nerves, muscles and senses are alert and actively developing.

Tea and coffee are harmful, especially for children. Instant Postum is the one best beverage to give them needed warmth and comfort, these cold and frosty mornings. It is made of roasted wheat, has a delightful flavor and aroma, is free from any harmful element whatever, and is wholesome, healthful and invigorating.

Order a tin from your grocer TODAY. You will enjoy it as much as the kiddies do.

Instant Postum FOR HEALTH

"There's a Reason"

Canadian Postum Cereal Company, Limited,
43 Front Street, E., Toronto

Homesickness.

Here the cloudy light
Circles on crystalline peaks
And the soft fall of satin petals
Stirs wide eddies of perfume
In the emerald pools
Of walled gardens.
Here the delicate accent
Of bright waters
And the cadenced music
Of a gentle tongue
Float upon the air
And curl themselves in silence
As late sunlight
Fades in deep rivers.

The grapes have purpled many times
Against that wall,
I know the fountain's legend now
By heart;
The story of this gracious land
Is told.

Those harsh, time-eaten hills,
Like peasant women, stooped and
shawled,
They crouch as though to warm themselves together;
They wait, as peasant women wait,
For their own sons.

I must go back to them;
I must go back.
—Henry Bellmann.

Tracing Cows by Nose Prints.

You know that no two people in the world have finger-tips that are exactly alike. The arrangement of the little ridges and furrows of the skin differs in every case, hence finger-prints are the most certain method of identification that is known.

It has been found that a very similar method can be used for identifying cattle, but in this case the nose is used as the testing spot. The wrinkles of the tip of the nose are never duplicated in different animals.

Nose-prints are made by applying a thick ink to the soft skin between the nostrils, and then taking an impression upon a piece of soft, absorbent paper.

They supply an invaluable method of sorting out valuable cattle when, as sometimes happens, they become mixed up after a show. No one could safely steal a pedigreed animal whose nose-print had been taken and "filed," for it would be impossible for the thief to remove the means of identification.

Air Patrol Service Proposed.

Banff, Alta.—A survey of suitable aerodrome and landing sites in connection with a proposed aeroplane patrol in Banff and Kootenay National Parks has been completed by the Acting Director of the Air Force and the Inspector of Canadian National Parks. An aerodrome site near Canmore in Banff National Park and eight other essential landing places were selected in the two parks, as well as a number of emergency and non-essential landing grounds.

With the opening of the Banff-Windermere motor highway across the Rockies, and the resulting increase in traffic through the parks the fire hazard will be considerably enhanced and it is believed that the establishment of an aeroplane patrol service will be of great importance in this connection. Owing to the mountainous nature of the country the regular warden service is handicapped in its patrol work and the feasibility of aeroplanes in augmenting the service has been under consideration by the Department of the Interior for some time.

Hoot! Hoot!

A raw Highlander was put on guard outside the commanding officer's tent. In the morning the colonel looked out, and though he prided himself on knowing all his men, the sentry's face was unfamiliar.

"Who are you?" he asked.
"Am I not, thank ye," was the reply. "Hoo's yerself!"

ENGINEER MAKES 17 POUNDS GAIN

Old Time R. R. Man Says Tanlac Put Him Back on Job Feeling Fine.

Oran Denne, a veteran railroad man, living at 53 Forest Ave., St. Thomas, Ont., has obtained remarkable results from the use of Tanlac. Mr. Denne wears a gold button given him by the Michigan Central, in recognition of his forty years continuous service to that road.

"A year ago," said Mr. Denne, "I had indigestion so bad I couldn't eat and was too nervous and miserable to sleep. I was almost wild with headaches and dizziness, lost weight rapidly, and thought I was about done for. After getting so weak I couldn't work I took a trip out West, thinking the change might help me.

"But I kept getting worse until my sister, whom I visited in Kalspell, Montana, got me to try a bottle of Tanlac. In a week's time I was a different man, and in seven weeks I had gained seventeen pounds and returned to my work in as good health as any of my old troubles now. That's just how good a job Tanlac has done for me."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

MOTHER!

Move Child's Bowels with "California Fig Syrup"



Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours your little will be playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

No Monotony.

According to the ten-year-old daughter of a certain clergyman, there are ways of making an old sermon seem almost new.

"Jane," said one of the friends of this young critic, "does your father ever preach the same sermon twice?"

"I think perhaps he does," said Jane, cautiously, "but I think he talks loud and soft in different places the second time, so it doesn't sound the same at all."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Why People Slip on Ice.

Why is ice slippery? It is not its smoothness that makes it so, for ice, as a matter of fact, is nearly always rather rough. A sheet of glass is far smoother and much harder, but you would not be able to slide far on it.

When you place the sole of your boot or the blade of a skate on the ice, the pressure caused by your weight causes a slight melting to take place. In this way a thin film of water is formed between boot (or skate) and the surface of the ice. This film acts as a lubricant which allows your foot to glide forward almost without effort on your part.

In the long night of the Arctic regions the cold is so intense that the pressure caused by one's weight is not sufficient to melt the surface of the ice.

Explorers often report coming across sheets of ice which for this reason are hardly more slippery than an ordinary stone-flagged pavement.

Destruction of Eider Duck.

A considerable decrease in the number of Eider ducks, one of the most valuable of the water fowl protected under the Migratory Birds Convention Act, is reported this season by the Chief Migratory Bird Officer for the Maritime Provinces. This scarcity is more noticeable along the sea coast of Nova Scotia, one of the principal lanes in the migrations of water fowl, this official states in a recent report to the Commissioner of the Canadian National Parks. Similarly in Massachusetts the Director of the Division of Ornithology of the State Department of Agriculture in his "Notes for Observers," of November 15 remarked that Eider as well as other ducks and geese were appearing in Massachusetts water with few if any young testifying to a disastrous nesting season.

A woman's face is usually more beautiful when regarded from the left.

ISSUE No. 1-23.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

The skin of a large whale is 2 feet thick.

Dandruff?

Rub Minard's Liniment into the scalp—it cleanses the surface, it opens the pores, it works down to the roots and stimulates them into activity. Apply four times a week, rubbing thoroughly—no dandruff.

Minard's Liniment
The Family Medicine Chest.

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America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, E. Clay Glover, D.V.M., 125 West 44th Street, New York, U.S.A.

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Instantly "Pape's Diapiespin" Corrects Stomach so Meals Digest

Cuticura Beautifies Your Complexion

The daily use of the Soap cleanses and purifies the pores of the skin, thus preventing blackheads and pimples. The Ointment soothes and heals any irritation or roughness. They are excellent for the toilet as is also Cuticura Talcum for powdering and perfuming the skin.



See 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lewis, Limited, 24 St. Paul St., Montreal. Cuticura Soap shaves without using.

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WE REQUIRE PARTIES TO KNIT for us at home, either with machine or "by hand"; write for information; send postage. The Canadian Wholesale Dns. Co., Dept. H, Orillia, Ont.

FOR SALE.
CORD WOOD, SLAB WOOD, CAR lots. Reid Bros., Bothwell, Ontario.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cables, hoists, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

The Affectionate Ballot.

Little Dorothy (watching mother vote)—"You voted for the man you love best, didn't you?"
Mother—"Why, dear?"
Dorothy—"Because you put a kiss after his name."

Minard's Liniment for Rheumatism.

The largest plant in the world is probably the gigantic seaweed known as Nereocystis, to be found in the Southern Pacific. It grows in the water to a height of 800 feet.

INDIGESTION, GAS, UPSET STOMACH

Instantly "Pape's Diapiespin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapiespin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

MRS. DAVIS NERVOUS WRECK

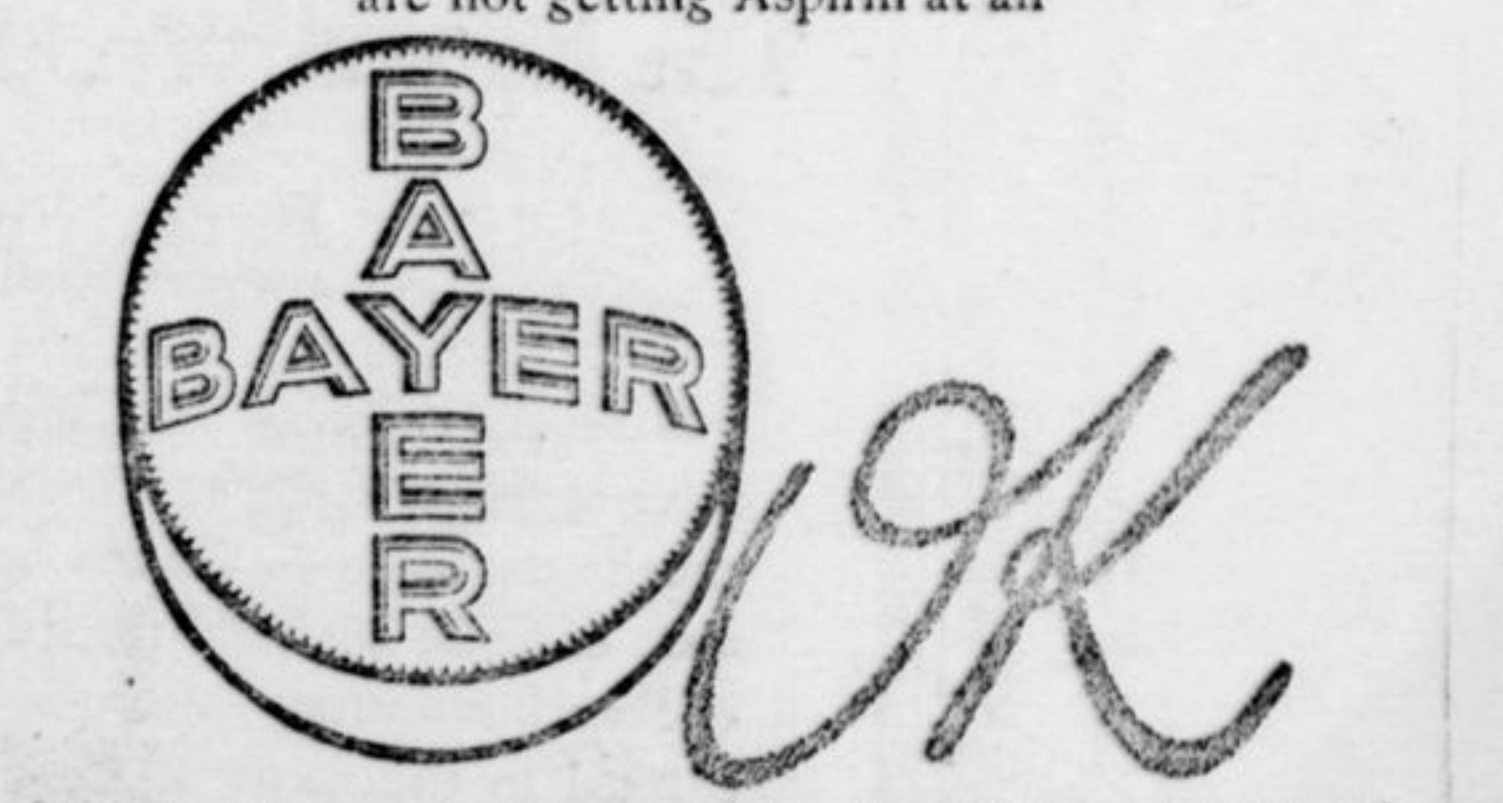
Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work more and more and it was a pleasure, not a burden. Now I have a fine bounding baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cohasset, Ont. This book contains valuable information.

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