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If You Keep Healthy With Dr. Morse's Indian Root Pills

The man or woman with a good appetite, sound digestion, and bowels and kidneys working right, is never troubled much with sleeplessness. It is when the bowels become constipated and the liver and kidneys sluggish that the trouble begins.

Lazy liver and constipated bowels quickly bring on biliousness, indigestion and sick headaches, making a sound, refreshing night's sleep impossible. Or the inactive kidneys allow the blood to become loaded with uric acid, which causes rheumatism, with all its sleep-destroying tortures.

Dr. Morse's Indian Root Pills, taken regularly, induce sweet and dreamless sleep by keeping all these organs active and regular. The headache disappears, the digestion becomes good again, the blood is purified and perfect health returns.

Dr. Morse's Indian Root Pills have been a favorite household remedy in Canada for over half a century, and they are in daily use throughout the world. Being purely vegetable they are safe for young and old. Made by W. H. Comstock Co., Ltd., Brockville, Ont., and sold by all dealers at 25c. a box.



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### SAILORS GET LITTLE PAY

BRITISH NAVY CREWS FARE BADLY FINANCIALLY.

Article of Britain's System of Defence Says Millions Are Spent on Ships While Practically Nothing Is Done For Those Who Man Them—Pay Has Remained Stationary Since 1882—All at the Apex.

"East is east and West is west, and never the twain shall meet." However true or untrue this statement of the most may be, it is a fact—a permanent fact—that the landsman knows little or nothing of the conditions under which those men live who defend him against invasion, and year in and year out, in fine weather and storm, guard the trade routes by which his food and raw material reach him, says an English writer. "The sea is the sea and the land is the land, and though they meet, the environment of the seaman is so strange to the man 'on the beach' cannot understand his brother of the ocean; indeed, in all that impinges on everyday economy, the two speak different languages and value things by different standards. The landsman, if he has a grievance, raises his voice, and he lives and moves and has his being under the shadow of the Articles of War, subservient to the King's Regulations by day and by night, and from the day when he dons his uniform he ceases to enjoy many of the privileges of the civilian of his own class, because he has become a King's man.

The world hears of the cry for a living wage of unskilled workers ashore; railwaymen and others put forward their claims to better conditions of life and labor, and much is made of the increased cost of living. But amid all the talk of labor unrest, what thought has yet been given by the nation to those employees of the state who—paraphrasing a nursery rhyme—man the ships which guard the seas, which feed the Empire, on which floats the British Navy? "Ships, yet more ships," is the annual demand of the naval enthusiast; but those ships might as well be Dutch ovens for all the good they would be to the nation and the Empire if it were not for the skilled officers and men who transform them into floating fortresses, huge and terrible articulate engines of war. Ships we must have, of all the various classes necessary to the constitution of an adequate fleet; docks we must have, large enough and numerous enough for those ships; dockyards we must have so that the men-of-war may be repaired in due season. There is much material to be bought year by year, and the bill is a large one, but the soul of the navy—the secret of its prestige—is the personnel. How does it fare, with the men of the lower deck?

Will it occasion surprise when it is stated that since the present voluntary system of manning was introduced, the average bluejacket has received no actual increase of pay, though certain allowances for special duties have been introduced, for which he can compete? The able seaman was given 38 cents a day under an Admiralty circular issued on June 14, 1892, and he receives 40 cents today, and in the meantime the value of the penny has changed against him. He has better food, he is treated with more consideration, his quarters are more comfortable, he does not have such long "spells" cut off from the shore with nothing but "hard tack" to satisfy his hunger, and he has more leave; but in actual pay the average man has his pocket no better lined than his predecessor of the wooden walls of sixty years ago. This is a notable fact, because there is no comparison between the conditions of the working classes ashore in 1892 and their condition to-day; everything has changed, and changed for the better. These have been sixty years of unparalleled economic progress in the great industrial districts, and the workers have profited year by year. But in the meantime the men of the fleet, out of sight and out of mind, have shared very little in this prosperity.

When the first-class boy, with his 14 cents a day, is rated an ordinary seaman, he is given 30 cents a day without any prospects of earning good conduct pay or badge, and eventually, when he is rated able seaman, he obtains 40 cents. As a leading seaman his pay ranges from 44 to 48 cents a day—or from \$100.00 to \$175.20 a year, to put the matter more simply—and out of this he has to keep up and replace as need be his kit—for the nation treats the bluejackets less generously in this respect than the soldier—and he has to supplement the official dietary and meet all the inevitable expenses of life when ashore, not forgetting railway fares when on leave. He may get his leave at Chatham, and his home may be in the Midlands or at Portsmouth or Plymouth.

When he is promoted to petty officer his pay rises to 64 cents, and after six years reaches 72 cents. In addition he may earn certain allowances, but even if he obtains these his pay is small.

The navy is a pyramid, and there is only room for a few at the top. These few obtain rank and comparatively high pay, but the seaman class, who are essential to a fighting service, have unquestionably a claim to more general remuneration, particularly in view of the higher standard of comfort among the working classes ashore, and the very considerable increase in the cost of living which falls on the married bluejacket almost as heavily as it does on a landsman.

### COTTON INDUSTRY IN BRITAIN

Dates From About the Year 1600—Developed in 18th Century.

Historically the manufacture of cotton cloth in Great Britain dates from the year 1600, or thereabouts. A petition of London merchants in 1621, preserved amongst the state papers, sets forth that "about 20 years past divers in the county of Lancashire, have found out the trade of making of other fustians made of a kind of bombast or down, being a fruit of the earth growing upon little shrubs or bushes, brought into this kingdom by the Turkey merchants from Smyrna, Cyprus, Acra (Acree), and Sydon but commonly called cotton wool." This is the first unmistakable reference in history to the weaving of cotton fabrics in England, and only 20 years later there is a historical reference to an export trade in these cotton goods. A book called "The Treasure of Traffick," by Lewis Roberts, published in 1641, speaking of the textile industries of the town of Manchester says:—"They buy cotton wool in London that comes from Cyprus and Smyrna, and at home work the same and perfect it into fustians, vermillions, dimities, and other such stuffs and then return it to London where the same is vented and sold and not seldom sent into foreign parts." Thus were Manchester cottons first introduced—nearly 300 years ago—into foreign markets. For the next 200 years the cotton industry continued to be carried on in a small but gradually increasing way in Lancashire, side by side with the older textile crafts of woollen, linen, and silk weaving. For most of this time cotton was used only for the warp or "filling" of cotton cloths, the warps being of linen or wool, for it was not until the water frame was introduced towards the end of the eighteenth century that cotton, a comparatively short fibre could be spun into yarns fine enough and strong enough for warps.

The inventions of Arkwright, Kay, Crompton, Hargreaves, Cartwright, and others during the period 1775-1825 and the application first of water power and then of steam power to the driving of the new machines, led to an enormous expansion of the cotton industry in Lancashire.

An Inappropriate Melody. It is curious to hear how old tunes now and then crop up, under inappropriate conditions, in various parts of the globe. At a small town in India—a non-military station—where there was nothing in the shape of a military band, it occurred to a few of the more enlightened inhabitants that it would be an improvement to the place if something of the kind could be formed.

The official in charge of the small detachment of local native police was approached, and he, with the aid of subscriptions from the more wealthy native citizens, contrived to raise a small corps of files and drums. The band was making rapid strides towards efficiency, under the tuition of an old retired native band sergeant, when one of the head men of the place—a wealthy native—suddenly died. His relatives, remembering how liberally the deceased had subscribed towards the band, and thinking how largely it would add to the grandeur of the ceremony, asked that the musicians might be allowed to take part in his funeral procession. Their request was granted, and the relatives were delighted with the fact; but contemplate the consternation of the few European spectators when they heard the local band, at the head of the procession, rattling away at the only tune they were at all proficient in. "Ta-ra-ra-boom-dee-ay." This was repeated again and again throughout the whole distance from the residence of the deceased to the burial ground—about two miles.

In a Village School. This story is told of a successful British general who was far from being a brilliant scholar at school. After he became famous he one day dropped into the old school to pay a visit to the scene of his former woes. The teacher was anxious to make a good impression on the general, and put the pupils through their lessons so as to show them to the best advantage. After a while the general said:—"But which is the dunce? You have one, surely. Show him to me." The teacher called up a poor fellow who looked the picture of woe as he bashfully came towards the distinguished visitor. "Are you the dunce?" asked the general. "Yes, sir," said the boy. "Well, my good fellow," said the general, "here is five shillings for you for keeping my place warm."

The Long Forest of Africa. One of the great national treasures of Africa, to the need of preserving which attention is being directed, is the immense extratropical forest that extends almost unbroken from the extreme southern end along the eastern highlands, to the equator. There are gaps in it, and the trees change in kind somewhat, with change of latitude, but upon the whole, it has the same character throughout. The altitude above the sea changes regularly with decrease of latitude. Near the Cape the forest grows at sea-level; in Natal and the Transvaal its latitude increases to 3,000, 4,000 and 5,000 feet; and on approaching the equator it rises to 7,000, and finally to 10,000 feet. In the equatorial highlands the growth is very vigorous and the forest is enriched with the pencil cedar of Abyssinia.

Actor Invents a Collar. Mr. Weedon Grossmith has made his first appearance in a new role—that of a sartorial inventor. He has patented a new form of collar, and the first twelve thousand examples of his inventive genius have been put on the retail market. This collar, as the famous actor describes it, is designed to combine the comfort of a soft collar with the appearance of a starched one without detracting from the quality of either.

It isn't enough to make both ends meet you must tie them together. The man who boasts of his ancestors seems to lose sight of the fact that he may be an ancestor himself some day.

### BANK NOTES IN 1399.

Bank of England Notes Could Be Easily Forged, and Yet Are Never.

Marco Polo found bank-notes in China ages ago, printed on paper made from the bark of the mulberry tree. One of the notes, upon which the great Venetian traveler himself may have gazed, is on exhibition at this day in the office of an American company. It is one of a series issued by the Ming dynasty about 1399 A.D.—"current anywhither under the sky"—and seems to have been printed from wooden blocks on a sheet of paper 9 by 13 inches—a bigger surface than any man could cover with both hands outstretched. It is good for "one string of cash."

The provision against forgery is simple to the point of severity—"Counterfeiters hereof will be executed." Persons giving information of counterfeiters will be rewarded with tael 250, and in addition, will receive the property belonging to the criminal. The head of the Emperor who gave the order and the lopped heads of the counterfeiters have long since mouldered into impalpable dust, the property of the criminal vanished and left not so much as a shade but the faded old bank-note, pressed between sheets of glass and framed in carved teak, still croaks its harsh warning to him who can understand it. The governments of continental Europe depend exclusively upon color-work, to protect their paper currency, and several of the large banks of issue have civil engineers in charge of their bureau of engraving and printing—though what connection there may be between engineering and engraving is a mystery. Many Italian bank-notes are easy to counterfeit. The Bank of Spain has of late abandoned its own plan, because its notes were imitated so successfully that counterfeiters were accepted by the bank without question. A private concern now does the work.

The Bank of England notes, according to a myth that probably will never die, cannot be counterfeited. As a matter of fact, they can be imitated readily enough, for little attempt is made to protect the notes beyond the use of a water-mark paper. The water-mark can be easily copied. A sensitized gelatine film, soaked in cold water, after contact with an original water-mark, will show every detail in clear relief. A thin sheet of paper deposited upon this forms the basis upon which a matrix in celluloid is made. If a sheet of paper is pasted upon this matrix and rubbed with glass-paper the exact water-mark is produced. One practical safeguard of great effectiveness is the custom of the Bank of England to cancel every note that is returned to the bank and issue another in its place. This, and the practice of keeping a record of the numbers of all bank-notes used in every business establishment, keep alive a keen sense of responsibility, which adds to security. The custom of circulating soiled bank-notes, of course, gives the counterfeiter his best opportunity. Forgery is much more readily detected in a crisp, clean new bill than in a rumpled and dirty one.

The First Turkey. Of all the people who ate turkey at Christmas, few probably know that it was first introduced into England in Henry VIII's time, and that the expedition which brought the bird to England cost that parsimonious monarch £14,000. The bird had been just to the first Tudor king in the part that he had in the discovery of America.

Columbus sent his brother to Henry, who gave a favorable reply to his request for aid, but the brother was shipwrecked on his return to Spain, and never delivered his message, and so Christopher was driven to apply again to Ferdinand and Isabella, who gave him the aid he asked, with the result which all the world knows. Henry, on his own account, sent out an expedition of discovery in 1502.

The lieutenant of the expedition which Henry sent out, and which was under the command of Sebastian Cabot, was one William Strickland, who, in consideration of his services, had a grant of new armorial bearings by the title of Strickland and Boynton, of the Wolds of Yorkshire. He it was who introduced the turkey, and that bird surmounts the coat-of-arms of the Stricklands to this day. Why this bird was called "turkey," when it came from America, is explained by the fact that "Turkey" is the ordinary name for all unspecified foreign things and foreigners at that time. The Prayer-book, wishing to embrace all heathens in its prayers, says, "all Jews, Turks, infidels, and heretics."

A Marathon of 1699. A remarkable foot-race was run about the year 1699 which is thus described in the manuscript journal of a lady who was one of the spectators: "I drove through the forest of Windsor to see a race run by two footmen, an English and a Scotch, the former, a taller bigger man than the other. The ground measured and cut even in a round was about four miles; they were to run it round so often as to make up twenty-two miles, which was the distance between Charing Cross and Windsor Cross—this is five times quite round, and so far as to make up the odd miles and measure. They ran a round in twenty-five minutes. I saw them run the first three rounds and half another in an hour and seventeen minutes, and they finished it in two hours and a half. The Englishman gained the start the second round, and kept it, at the same distance the five rounds, and then the Scotchman came up to him and got before him to the post. The Englishman fell down within a few yards of the post. Many hundred pounds were lost and, won about it. They ran both very neatly, but my judgment gave it to the Scotchman because he seemed to save himself to the last push."

Pitch Cancer. The use of pitch in making fuel briquets in England has developed a species of cancer among the workers in that industry to an alarming extent.

Flattery either makes friends or breaks them. There are some things that money cannot buy. Still, if we have the money we can generally manage to struggle along without them.

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