

PLES
You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? *All Druggists and Grocers.*

Zam-Buk

NAVIGABLE WATERS PROTECTION ACT
R.S.C. CHAPTER 115.

The Bell Telephone Co. of Canada, Limited, hereby gives notice that it has under Section 7 of the Act, deposited with the Minister of Public Works at Ottawa, and in the Office of the District Registrar of the Land Registry District of the County of Frontenac at Kingston, Ontario, a description of the site and the plans of the location of submarine cables proposed to be laid in the Ottawa River at the 11th bridge opening of the Ottawa River at Kingston, Ontario.

And takes notice that after the expiration of one month from the date of the first publication of this notice, the Bell Telephone Company of Canada, Limited, will under Section 7 of the said Act, apply to the Minister of Public Works at his Office in the City of Ottawa, for approval of the said site and plans, and for leave to lay the said submarine cables.

Dated at Montreal, this 14th day of February, 1916.

THE BELL TELEPHONE COMPANY OF CANADA, LIMITED.
W. H. BLACK, Secretary.

THE MENAGE AGAIN
Scientific Housekeeping Scores Every Time.
HOMEMAKERS LACK TRAINING.

The Vogue of Running a Household on Some of the Principles a Man Applies in His Office—Bookkeeping is the First Step.

Every housewife is anxious to run her home on the most efficient basis, but it is not always easy to know just what measures to introduce in order to insure efficiency in the home. The woman who models her house management after the same pattern as her husband's business finds that there are many little savings made which were overlooked in the former days of unbusinesslike negligence.

Real economy can only exist in the homes where business methods are used. The old slipshod ways of housekeeping are rapidly going out of vogue, as women all over the country are waking up to the fact that only by expert efficiency can the home be run on a saving basis.

The trouble is that only half a dozen out of every score of women have had the necessary training to run a house in an efficient way; the rest marry and take up housekeeping without any ideas on the subject at all. Many of these women would be only too glad to improve their lax methods if they only knew how to go about it, but lack of training engenders ignorance.

The introduction of bookkeeping is one of the first steps toward bringing business methods into the home. It is the only way to keep any track of where the money goes, and no economy is possible unless each penny of the weekly expenditures can be accounted for. Keeping books is a step toward efficiency, not only the first step, but the greatest waste in almost every home is in the buying. It is hard to judge exactly how much food is needed from day to day. Left over food is all too often allowed to go to waste when it might be served "en casserole" or in some savory form or other.

Many of the household provisions can be bought much cheaper in large quantities. Of course most foods cannot be purchased in this way because they are apt to perish before being used. But the housewife will find that it will save quite a bit to buy all the nonperishable goods in big quantities. Soap, for instance, is several cents cheaper when bought by the dozen or score than by the piece. All scouring powders or cleansers should be bought by the case.

Then there are many cereals, canned goods, etc., which will keep indefinitely and can be bought by the case. Flour, sugar, etc., are so much cheaper by the barrel that every housewife who can find space should buy in that way.

If the housewife has a fairly large larder she should try buying bacon, ham, etc., by the piece instead of by the pound. Whole hams will keep quite as long as necessary, and the slices of bacon are good for an indefinite period.

In buying linens for house use it is much cheaper to visit the semiannual sales and lay in a sufficient store than to buy as it is needed. Linens go down almost to half price at certain periods of the year, and the wise housewife keeps an eye open for these sales to replenish her stock.

After the first step of keeping accounts comes the next very important move of learning how and when to buy. Efficiency in the home is not to be reached at a bound, but can only be achieved by close study.

IF HAIR IS TURNING GRAY, USE SAGE TEA
Here's Grandmother's Recipe to Darken and Beautify Faded Hair.

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray, streaked and looks dry, wispy and scraggy, just an application or two of Sage and Sulphur enhances its appearance a hundredfold.

Don't bother to prepare the tonic; you can get from any drug store a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," ready to use. This can always be depended upon to bring back the natural color, thickness and lustre of your hair and remove dandruff, stop scalp itching and falling hair.

Everybody uses "Wyeth's" Sage and Sulphur because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy, lustrous and abundant.

DRINK MORE WATER IF KIDNEYS BOTHER
Eat Less Meat And Take Salts For Backache Or Bladder Trouble.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush out the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it is no longer a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

Stained Glass Memorial Windows
A Permanently Beautiful Means of Commemorating Honored Names and Historic Events.
An interesting Book-let upon request.
Designs and prices cheerfully furnished on receipt of detailed requirements.

Robert McCausland
Lithographer
Works in Memorial Stained Glass
Established 1866
141-143 Spadina Avenue
Toronto

ECONOMY.
Fear to spend what we have, nobly and on fit objects, is a mean kind of thing, but fear to squander and to waste is wholesome and righteous. Economy is not miserliness, and there is a grandeur about moderation which is wanting in excess. Practice economy, but be sure it is of the right sort.

Never chase a lie, or try to explain it away. Let it alone and it will run itself to death.
A son can't take after his father if his father leaves him nothing to take.

A MEMORY OF RACHEL.
The Great Actress After a Night of Triumph on the Stage.
Lord Glenesk gave me an account of his first meeting with Rachel. He had gone to Paris for the first time as a youth, and for the first time his father had taken him to the Francois to see Rachel act. The entire audience had been stirred to the wildest pitch of enthusiasm and excitement. The next morning early he had ridden to the Bois with his father, and on the way his father had said, "We will turn out of the avenue a moment, down this street; I want to show you the house of the marvelous woman we saw act last night."

It was barely sunrise, and as they pulled their horses up outside a high wall inclosing a small villa they were astonished to hear, proceeding from within, what appeared to be the reacting of the very scenes they had witnessed the night before at the theater, but spoken in dead tones, as if by a somnambulist. Dismounting from their horses, they entered the garden. There they found Rachel, clad in loose garments, dull eyed, with disheveled hair and wan face, utterly void of all the flaming magnetism that a few hours earlier had filled her frame.

To the questions of Lord Glenesk's father she answered wearily that she had been rehearsing there under the trees since it was scarce day, trying in vain to find means of expressing certain passages in which she had "failed at the night's performance"—that performance which had so thrilled those who witnessed it, marking an epoch in their lives.—Princess Lazarovich in Century.

GETTING AN EDUCATION.
After the Age of Thirty is the Time to Start in Earnest.
According to the Saturday Evening Post, the best time to get an education—perhaps the only time—is any time after one has passed thirty. The stuff that one learns before twenty is not meant to be remembered. It is only a placing of the clothes and an arrangement of the bins for the permanent contents. From twenty to thirty one is all torn up with courting, marrying and getting a foothold in life. After that is the time for education—from then on until death or senile debility.

A man or woman past thirty is exactly at the most favorable period for mastering knowledge, training the mind, forming the taste. Some systematic effort is all that is necessary. Notice the silly and tiresome ways in which enormous numbers of people spend some of their holidays. They know what to do with their working hours, but not with their leisure.

Most of them by a little direction and a little systematic effort might develop some special interest. Boys quickly tire of mere aimless and painless play. Naturally they want a method and a goal in it. Having a goal is exactly what gives zest to the game.

And having a goal is both easy and delightful. To study anything with interest, from logarithms to caterpillars, gives one fun and profit at the same time. Try it.

PROVED ITS WORTH.
Dramatic Test That Was Made With a Bullet Proof Shirt.
"A well known war correspondent, who is a personal friend of mine," writes a correspondent of the Manchester Guardian, "tells an amusing story. While in Paris, at the beginning of the war in 1914 a French inventor persuaded him to obtain an opportunity for demonstrating the usefulness of a thin chain armor shirt, which he claimed would resist any bullet or bayonet."

"A sample shirt had been hung up and fired at with satisfactory results, but it was with a certain journalistic skepticism that my friend attended the official demonstration at Hendon later. Anyway, to oblige the inventor he put on one of the shirts to show its comfort and flexibility. It was then that the French inventor achieved a dramatic effect; for he whipped out a Webley automatic and blazed away straight at my friend's chest.

"He is still alive to tell the tale," adds the correspondent. "Before he had recovered breath a war office official grasped him warmly by the hand. 'Sir,' he said, 'you are a brave man!'

"My friend disappeared without becoming modest. He had gone where he could get a stiff brandy and soda!"

SHOOTING HUMMING BIRDS.
To shoot a hummingbird with the smallest birdshot made is out of the question, for the tiniest seeds of lead would destroy the delicate plumage. The only way in which the bird can be captured for commercial purposes is to shoot it with a drop of water from a blowgun or a fine jet from a small air-pipe. Skillfully directed, the water strikes him. He falls into a slaken net and before he recovers consciousness is suspended over a cyanide jar. This must be done quickly, for if he comes to his senses before the cyanide whiff snuffs out his life he is sure to ruin his plumage in his struggles to escape. Hummingbirds vary in size from specimens perhaps half as large as a sparrow to those scarcely bigger than a bee.

GRAHAM BREAD.
Materials: Two and three-quarter cups of graham flour, one teaspoonful of salt, one-quarter cupful of sugar, one teaspoonful of soda, one-third cupful of English walnut meats, cut up; one-half cupful of molasses, one cupful of milk, one egg, one tablespoonful of shortening.

Directions: Mix dry ingredients, beat egg and add flour, add molasses, milk and shortening, stir thoroughly, put into tin and bake forty to forty-five minutes in slow oven. If sour milk is not at hand use sweet milk, one teaspoonful of baking powder and cut the amount of soda to one-half teaspoonful. Bacon fat is a good shortening.

White Mountain Cake, Orange Filling.
One-half cupful butter, two cupfuls sugar, one cupful milk, three eggs (whites), three and one-half cupfuls flour and two rounded teaspoonfuls baking powder. Cream butter and sugar together until light. Add the milk very slowly and keep beating all the time. Sift flour and baking powder together, add half, then the whites of eggs which have been beaten light and the rest of flour. Bake in two jelly tins on paper in moderate hot oven twenty to twenty-five minutes.

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Cheerfulness is rest, he hands and feet ever so busy.

THE DAUGHTER'S IDEA.
Mrs. Brown was in the habit of introducing her big daughter as: "This is Jane. She's only fifteen. You'd never think it, would you?"

At last the girl protested. "It's my mean of you to tell everybody how young I am. I could have a lot better time if you didn't!"

"Perhaps you could. But I don't propose to have people saying after you've been out in society a couple of seasons: 'Don't tell me Jane Brown is only twenty. Why, she was a grown girl years ago.'"

"Just the same," retorted the daughter, "you wouldn't like it if I introduced you to my friends as: 'This is my mother. She's only forty-eight. You'd never think it, would you?'"

LOOKED THAT WAY.
"I want a man who doesn't smoke or drink."
"What are the wages?"
"Six dollars a week."
"Guess you want a man who doesn't eat, either."

NET GUILTY.
"How many times have I told you that you must not answer me back, Norah?" said Mrs. Housekeep.
"Sure, mum, an' 'O! a!'t answerin' yer back," said Norah. "O!'m answerin' in your face!"

TIRASOMENAS.
"Don't you get tired of playing the same part night after night?"
"I should say not," replied the actor.
"What makes me tired is closing shows and learning new parts."

FAVORS.
"Be careful about asking favors of people, my boy."
"Why?"
"Because once a man does a favor for you you are in his debt for life."

IT MAKES TRACKS.
One day small Harold came running into the house, and holding up a horse shoe, he exclaimed:
"Oh, mamma, some poor horse lost one of his tracks, and I found it."

KEEPING COMPANY.
"They kept company for an awfully long time before they finally got married."
"Yes, and they've kept it most of the time since. Her relatives seem bound to live on them."

TEMPTATION DOES NOT MAKE A MAN BAD. IT MERELY SHOWS HIM WHAT HE IS.
—Thomas a Kempis.

CONVINCED.
"This time she is positive she is in love."
"What convinced her?"
"His income."

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CANINE SLAUGHTER.
When Dogs Threatened Paris During the Reign of Terror.
It is a curious fact that the French capital was once threatened by a horde of hungry dogs. This event was associated with many other and more startling ones of the reign of terror. It was due to a very natural cause. The greater part of the aristocrats who had fled or gone into hiding kept dogs, and very few were able to make arrangements for the care of their animals when they hurriedly left their homes.

The dogs, abandoned, took to the streets and shortly began to congregate in two packs, one occupying the Champs Elysees and one the Bois de Boulogne. Soon they became a public danger, as is evidenced by the duly recorded fact that Santerre, the brewer, proposed a law that all dogs should be hanged. So, in September, 1793, when thousands of starving animals were seeking subsistence in a city not over-provided with food, drastic measures were adopted against the Champs Elysees pack.

Two battalions of the national guard surrounded the area, leaving a gap toward the Rue Royale, while hundreds of men and boys "beat the cover." The game was driven up to the Place Royale, where troops made a battue of it. Three days consecutively was this repeated, and more than 3,000 dogs lay in the place.

It is said that one Gaspardin, who was ordered to remove the carcasses, being short of means to effect this, applied for the royal equipages. To the revolutionists this appeared a timely jest and the application was granted gleefully and with applause. So Gaspardin packed the dead dogs in the gilded coaches and made a state procession through

CAPE OF GOOD HOPE.
Due to the cowardice of his crew and his own somewhat timid nature, Bartholomew Diaz discovered the Cape of Good Hope while seeking a passage for India. In 1487 he rounded the cape, but did not know it at the time, being too far out to sea. When the crew discovered they were on the wrong side of the mainland they became panic-stricken and insisted on returning at once. Fearing mutiny, Diaz turned back and soon caught sight of the cape. Thus did he discover Good Hope while on his way homeward.

HUMAN IGNORANCE.
Speaking of his life, the aged scientist, Fabre, said shortly before his death: "Because I have stirred a few grains of sand on the shore am I in a position to know the depths of the ocean? Life has unfathomable secrets. Human knowledge will be erased from the archives of the world before we possess the last word that the gnats has to say to us. Scientifically, nature is a riddle without a definite solution to satisfy man's curiosity. Hypothesis follows hypothesis, the theoretical rubbish heap accumulates and truth ever eludes us. To know how not to know might well be the last words of wisdom."

VERY ANNOYING.
"I can't bear these men novelists," declared one lady.
"Why not?" the other inquired.
"They calmly tell you that the heroine wore a gown which fascinated a duke and not a word as to what it was made of or how it was trimmed."

UNTRUE.
"Your leading lady is not true to life."
"What's the matter?"
"In the first act she receives a telegram, and you have her open it without fear or trembling."

FAIKLAND BIRDS.
Probably nowhere else does the wind blow so hard and steadily as in the Falkland Islands. Tree growth is practically impossible owing to this peculiarity, and with such force does the wind sweep that region at times that potatoes and turnips have been known to be blown out of the ground. Grass, however, grows luxuriantly.

AUSTRALIA'S BOTTLE TREE.
The bottle tree is a native of Australia. It has a trunk of extraordinary expansion and disproportionateness which is greater when the ground is rocky. In fertile soil the trunk forms a uniform cylindrical column, from whose summit the branches issue as from the neck of a bottle, hence the name.

CANDID.
"Can you keep a secret?"
"Yes."
"But will you?"
"Oh, that's different. I don't know."

NO MAN IS BORN WITHOUT FAULTS. HE IS BEST WHO HAS THE FEWEST.—HORACE.
It is said the Egyptians, anticipating England's blockade action, had rushed two years' food supplies from Scandinavian countries.
When a man of seventy asks a girl of eighteen to share his lot, does he refer to his lot in the cemetery?

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How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."
—Mrs. FRED BEHNKE, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."
—Mrs. THOS. DWYER, 989 Milwaukee Ave., East Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 30 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."
—Miss INEVA FROELICHER, 1923 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham Med. Co. (confidential), Lynn, Mass. Your letters will be opened, read and answered by a woman and held in strict confidence.

Made in Canada

There are three sound reasons for buying & using

REGAL Table Salt

It's absolutely pure and never cakes—

It comes to you in sanitary substantial packages, with the most convenient pouring device ever invented—

It is the best table salt, yet costs no more.

ASK YOUR DEALER

Free Running

You'll appreciate the handiness and convenience of the "Regal" Package.

Orange Delicious

2 cups sugar
1 cup water
3 cups orange juice
4 cup shredded candied orange peel

1 cup cream
Yolks 2 eggs
1 cup heavy cream

Roll sugar and water eight minutes, then add orange juice. Scald cream, add yolks of eggs, and cook over hot water until mixture thickens. Cool, add to first mixture with heavy cream, beat stiff. Freeze: when nearly frozen, add orange peel. Line a melon mould with Orange Ice, fill with Orange Delicious, pack in salt and ice, and let stand one and one-half hours.

Serve tomorrow
Order sweet, juicy, tender, delicious

Sunkist
California's Selected Oranges

Order now. All good dealers sell these fine seedless navels.

Write for free book "Sunkist Salads and Desserts."

Save Sunkist tissue wrappers for beautiful silverware.

California Fruit Growers Exchange
Co-operative—Non-profit
105 King Street, East, Colfax Church, Toronto, Ontario
1916