

Had a Weak Heart Was Very Nervous For Three Years

Miss Jessie Peterson, Zealandia, Sask., writes:—"I wish to let you know how much good Milburn's Heart and Nerve Pills have done for me. For nearly three years I was very badly run down, had a weak heart, and was so nervous that sometimes I would almost faint away. I heard of many people who had recommended your Heart and Nerve Pills, so I decided to give them a trial. After I had used two boxes I found they had done me good, and after having taken five boxes I was completely relieved. I cannot recommend your Pills enough, and I would advise anyone having a weak heart or troubled with nervousness to use them."

Clears Skin Of Pimples

Remarkable Action of Stuart's Calcium Wafers in Hidding Face of Pimples, Boils, Rash, Blisters, etc. It is one of the wonders of the human system that certain natural elements have influence without which there is decay. The skin is an example. Take a complexion that is all covered with pimples, blotches, rash, blackheads, and is oily and muddy, feed it with Stuart's Calcium Wafers, and a marvelous change takes place. It soon becomes smooth and velvety. Pimples and other blemishes fade away. The blood in the skin is purified, the waste matter is burned before it reaches the skin and ere long the complexion is fresh, rosy and perfectly lovely. Look closely at a wonderfully beautiful skin, and observe its soft, delicate texture, the pink capillary blood tinting the cheeks. You see what is produced when your skin has been cleansed with Stuart's Calcium Wafers. Get a 40 cent box to-day of Stuart's Calcium Wafers at any drug store or write to F. A. Stuart Co., 537 Stuart Bldg., Marquette, Mich., for a free sample package.

STRUCK ACROSS THE EYE. And a Serious Wound Inflicted by Hockey Stick.

Odesa, Feb. 18.—Owing to the condition of the roads, since the recent storms, Mr. Anglin, the Kingston stage driver, has had to make the trips with sleighs. The freight was held over for a couple of days but no trips were lost with the mail matter. The first hockey match of the season was played Saturday afternoon between Albert school team and Odesa Juniors. It was a draw. Vincent Kilgannon had the misfor-

What the World Is Doing

AS SEEN BY POPULAR MECHANICS MAGAZINE

Pocket Chart Tests Blood by Color Match

Tests of the blood can be made by matching its color with those shown on a vest-pocket chart that has lately come



into use among doctors. In making the experiment, the patient's finger is first pricked with a sterilized needle and a drop of the blood collected on a piece of white paper. The color is then compared with those on the scale of the instrument to determine the percentage of red corpuscles.

East-Bound Ships Lighter Than Those Going West

Scientific experiments to ascertain the possible effect of the direction in which a ship is going upon its weight-carrying capacity, recently made by a prominent scientist, resulted in his conclusion that 2,000-ton vessel traveling east offers 400 pounds less resistance to the water current than it does when west-bound. This calculation, it is said, is based upon the influence of centrifugal force, which is greater when a body is riding with the tide in the direction in which the earth revolves, than when headed the other way.

Safeguarding the Aerial

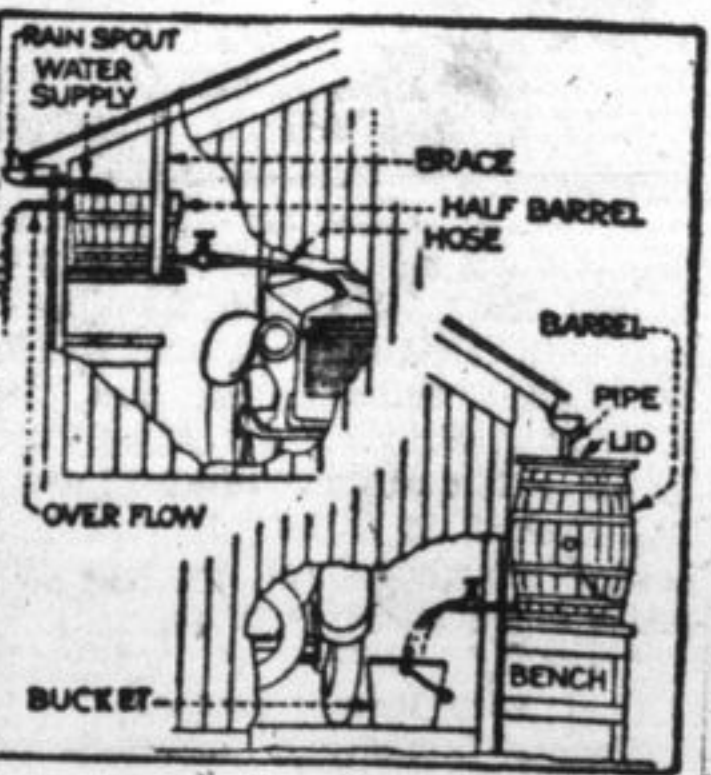
Frequently a single-wire aerial is strung between the house and a near-by tree, and the swinging of the tree in a storm often breaks the wire or pulls it out of the support at the other end. A good method of overcoming this trouble is to place an ordinary screen-door spring between the end of the aerial and the house. This will

tune to meet with quite a serious accident. He was struck across the eye with a hockey stick. The wound is healing nicely.

The ice harvest has started and the quality of the ice is considered very fine, being about twenty inches thick and wonderfully clear. Mr. and Mrs. Stanley Ball and family spent Sunday the guests of Mrs. Sanford Thompson. Lieut. Kingdom has charge of the Salvation Army. Charley Conway, of the Royal Bank

Snow Scraper Attached to Rake

A serviceable snow scraper can readily be made by attaching a piece of galvanized iron to an ordinary garden rake, as shown in the drawing. The metal should be at least 1/2 in. thick and should be cut to the dimensions given in the upper detail. Short cuts are made at the points indicated and the strips between these cuts bent out as shown in the lower drawing. The loops thus formed should be made so that the tines of the rake must be forced into them, thus preventing the scraper from falling off the rake. A



scraper of this kind costs much less than a manufactured one, and, if properly made, serves the purpose just as well.

Water Supply for Private Garage

Rain water is ideal for use in automobile radiators, as it is free from most of the scale-forming chemicals and salts present in well and hydrant water. Two convenient methods of storing rain water in readiness for use are shown in the drawing. The upper figure shows how a half barrel may be arranged on a shelf inside the garage, at a height that will permit the water to flow into the radiator. A gutter is run along the edge of the roof

and a small tap pipe from the gutter is brought through the wall as shown, so that the water will drain into the barrel. A short length of pipe, fitted with a valve, is fitted through the side near the bottom and a length of rubber hose is also attached as shown. An overflow pipe is also provided. In garages where there is not enough space to permit the installation described above, a barrel may be mounted on a stand outside of the garage as shown in the lower figure. In both cases a fine sieve must be provided in the pipe leading from the gutter, to catch any foreign matter. The inside of the container should be washed out occasionally.

Drying Clothes in Cold Weather

During cold weather clothes hung out on the line to dry become stiff, due to the frozen moisture in them, and in attempting to remove them they are frequently torn at the corners. This danger can be eliminated by hanging the clothes on wire coat-hangers of the kind used extensively by cleaners. The clothes are hung on the hangers, which are hung on the line. To keep them separated evenly, a number of old yardsticks or laths are used, holes being drilled in them about 3 in. apart, and the hooks of the hangers passed through the holes before they are hung on the line. The clothes are brought in on the hangers and allowed to thaw out before taken off. This method also obviates the usual discomfort of cold hands.

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected; you never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct indigestion at once. End your stomach trouble for few cents.

WORLD'S WONDER TOWER.

Still the Highest Structure in the World.

Boyhood memories of many a man were stirred the other day when it was recalled that the builder of the Eiffel Tower, in Paris, had died at the age of 91. When erected in 1889 for the Paris Exposition this great tower, reaching 1,000 feet toward the sky, was one of the wonders of the world. It is still the highest structure in the world, with the Woolworth Building, New York, next, at 792 feet.

Alexandre Gustave Eiffel, the builder, had the experience of other pioneers, for the conservative architects ridiculed his plan, and said it could not be done. He persisted, and succeeded by throwing out one more landing place after another until 7,000 tons of iron had gone into the structure. The many thousands of visitors since that day who have ascended the tower have seen the wonderful panoramas that spread for fifty miles. The tower, built as a thing of beauty, became one of the greatest wireless stations of the world. During the great war it was trained on it from its 76-mile range for some of the shots came perilously close.

A description of the tower at the time of its erection compared the slender steel girders and network of delicate wires to lace made by the wires of the Cyclops. A letter from Paris at the time said:

"All the iron network of bars, girders, zigzags, etc., with the borderings of the different platforms, set one financing that after all the giant edifice is not of the coarsest and commonest metals. A great beauty of the tower is the light boldness with which it springs heavenward. One fancies that one almost sees it shooting up. Then it stands so firmly on its feet, and it gives so strongly the impression of strength! When lighted up on the opening night, with a three-colored lamp around one of the vast arc lights that shone on the summit, it was a grandiose symbol of the march of progress since 1789, when Paris was dimly lighted at night with oil lanterns."

Of Eiffel it has often been written that "he applied methods peculiar to himself," and in writing of his tower after its completion in 1889 he uses practically the same words: "The fundamental idea of these pylons, or great archways, is based on a method of construction peculiar to me, of which the principle consists in giving to the edges of the pyramid a curve of such a nature that this pyramid shall be capable of resisting the force of the wind without necessitating the junction of the edges by diagonals, as is usually done."

Speaker of U. S. House.

The Hon. F. H. Gillett, whose reelection as Speaker of the U. S. House of Representatives was held up for two days by insurgent Republicans, thus preventing organization of Congress, has been a member of the House since 1893, representing the Second Massachusetts district. He is a native of Massachusetts, and was born at Westfield on October 16, 1851, son of Edward Bates and Lucy Douglas (Fowler) Gillett. He received his education at Amherst University, taking degrees of A.B., M.A., and LL.D. He later took the A.B. degree from Harvard. He married, on November 25, 1915, Charlotte Rice Hoar, widow of Congressman Rockwood Hoar, of Worcester, Mass. Mr. Gillett started the practice of the law at Springfield, Mass., in 1877. He was assistant Attorney-General of Massachusetts House of Representatives from 1890 to 1891. He was first elected Speaker of the House of Representatives at Washington on May 18, 1919.

Don't Let Housework Ruin Your Hands

To heal chafing, soreness or that harsh chapped feeling of the skin caused by housework, Zam-Buk is invaluable. This herbal balm soaks through the pores, soothing and purifying the whole tissue, killing and removing poisonous disease germs, and renewing the skin.

There are soothing, healing and germicidal virtues in Zam-Buk, never found in ordinary fatty ointments and salves. That is because Zam-Buk is a highly-concentrated medicinal preparation of unique herbal origin.

Zam-Buk is proved equally good for ending attacks of eczema, ulcers, ringworm, blood-poison or piles, it quickly soothes and heals all cuts, burns, chilblains, etc., and clears the skin of pimples and blotches.



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FREE BOXES!

We will gladly mail any reader, Free and Post-Paid, a small sample box of this famous herbal balm for trial purposes. Send your request for one on a postal address to The Zam-Buk Mfg. Co., Toronto. Note the effect of Zam-Buk on any Cut, Burn or Sore.

BRITISH WHIG NEW TELEPHONE NUMBERS

- 2612** (Editorial Rooms) —Editors and Reporters; news of all kinds; sporting news; accidents, weddings, deaths, funerals and anything of interest gladly received.
 - 2613** (Social) —Editor of Women's Page; social news and women's activities of all kinds; special attention to activities of women's clubs and societies.
 - 2614** (Job Department) —The Job Printing; bills and posters; books and circulars; hand bills; business cards; counter check books; letter heads and business and personal stationery; periodicals or magazines printed; dance and other social event printing given the best of attention.
 - 243** (Business Office) —Advertising Department; classified advertising; announcements and all paid notices; information concerning accounts and payments; circulation department; new subscriptions, renewals, complaints or other subscribers' business; cashier.
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The Growth of a Bank

NINETY-ONE years in Canada covers a great deal of history in growth of population and development of business and industry.

There have been many changes in Canadian banks since The Bank of Nova Scotia first opened its doors for business in 1832. But during all that period, through good and bad times, the Bank has steadily forged ahead.

By decades, since 1832, this table indicates the steady and gradual growth of the Bank. At the end of the first year the capital of the Bank was \$50,000, no reserve, and total resources \$85,863.

Year	Capital	Reserve	Resources
1833.....	\$ 50,000		\$ 85,863
1843.....	\$ 140,000	\$ 2,568	\$ 267,000
1853.....	\$ 140,000	\$ 5,335	\$ 320,000
1863.....	\$ 560,000	\$ 80,000	\$ 1,718,000
1873.....	\$ 748,000	\$ 80,000	\$ 3,208,000
1883.....	\$ 1,114,300	\$ 470,000	\$ 6,717,000
1893.....	\$ 1,500,000	\$ 1,200,000	\$ 10,441,000
1903.....	\$ 2,000,000	\$ 3,100,000	\$ 29,072,000
1913.....	\$ 6,000,000	\$11,000,000	\$ 80,151,000
1923.....	\$10,000,000	\$19,500,000	\$227,889,000

Growth of The Bank of Nova Scotia has been conservative and steady —almost paralleling the growth of population. Always, the Bank has been ready to take its share in the work of development of commerce and industry, agricultural and manufacturing. The Bank's operations today are conducted according to the same principles as those by which the past growth of the Bank has been achieved.

THE Bank of Nova Scotia

Established 1832

Capital, \$10,000,000
Reserve Fund, \$19,500,000

301 Branches distributed throughout Canada and in Newfoundland, Jamaica, Porto Rico, Cuba, Dominican Republic, United States and London, England.