

A Fireman's Peril

How Zam-Buk Delivered Him

At 215 Fraser Ave., Edmonton, Alta., lives W. P. Mahy, a former member of the local fire brigade, who has wonderful cause to be thankful for the curative powers of Zam-Buk. He says: "A serious skin disease broke out on my face, and spread until I was in a terrible state. The spots and little ulcers were frightfully irritating, and yet when scratched or rubbed they bled and smarted. Shaving caused me agony, and sometimes I would have to go two weeks without a shave. I tried home-made remedies, herb salves, and various other preparations, but the sores got no better. When Zam-Buk was mentioned I had little faith that it would be able to do me any good. My case seemed such an obstinate one. I gave it a fair trial, however, and the first box made such a wonderful change for the better that it gave me encouragement to continue. I did so, and to cut a long story short, Zam-Buk, in the end quite cured me. My face is now clear of all traces of the terrible disease, which troubled me for so long."

Thousands of sufferers from eczema, blood poison, ulcers, chronic sores, piles, ringworm, cold sores, cuts, burns, and skin injuries have been relieved and cured, as was Mr. Mahy, by Zam-Buk. As a balm for all skin injuries and diseases it is without equal. All druggists, and stores at 50c box or post free from Zam-Buk Co., Toronto, for price. Refuse harmful substitutes.

HOW TO LIVE LONG

Frederic Harrison's Golden Rules—People Eat Too Much

Five golden rules of health were given recently by Mr. Frederic Harrison, author, critic, bibliophile, professor, barrister, historian, traveler, and amateur gardener, on his eighty-first birthday, celebrated at his home at Hawkhurst, Kent:

- (1) Abstain from tobacco, spirits, made dishes, and all such dreadful things. I am satisfied with a little bit of mutton and rice pudding.
- (2) Rise from a meal with an appetite. I believe people eat too much.
- (3) Walk every day for two hours. This I am going to do as soon as I get through a pile of letters and telegrams from Florence and Rome. I am too old to play at tennis, and golf is too slow.
- (4) Sleep eight hours. People cannot sleep who smoke themselves black in the face, eat too much, and have not walked enough.
- (5) More important than all—be content with what you have got. Take things quietly.

COMB INSIDE BRUSH

Slides Into Cavity That Runs Along Back of Latter

A truly pocket comb and brush, designed by a North Carolina man. In the back on the hair brush is a narrow longitudinal cavity just big enough to receive a comb that runs the length of it. A hinged clip at the opening of this cavity keeps the comb from falling out when it is not

in use. The handle of the comb is also removable, unscrewing at will, so that it will readily be seen that the article is a convenient one for



CLIP KEEPS CAVITY SHUT.

traveling and can even be carried in the pocket without discomfort. In these sanitary days, when states are passing laws against the use of public drinking cups and other similar articles, it is surely time to consider the public brush and comb, which must form a home for many of the germs that are responsible for skin diseases. Pocket toilet articles should be welcomed.

FOX RANCHING

Industry Not Lucrative, But Animals Bred to Perfection

Breeding and rearing foxes for their fur is an industry still carried on in Alaska. It was also tried a few years ago on the Maine coast, but with little success. An island was selected for the purpose two or three miles from the shore, far enough away so that the foxes could not escape by swimming to the shore. But in a cold winter the water froze, and the ice made a bridge from the island to the main land. It is said by Agnes Herbert, in her book, "Two Dianas in Alaska," that the foxes travelled over this, and that they did not stop when they had reached the farther edge.

In Alaska the ranchers have not this risk of ice. On the North Semidi the first fox ranch was established with the idea of making a great industry of raising blue foxes to supply the fur markets of the world. Nobody has made a fortune out of it, but the foxes can be reared to great perfection. The animals are killed between November and January.

The blue fox living wild is now exceedingly rare in Alaska, but the islands set apart for the raising of them in domesticity are numerous. The only thing requisite is that the island be two miles distant from any other land. This is to guard against the foxes swimming away.

Some of the islands have as many as 1,000 head. The food provided is meal and fish, mixed together, and given once a day. The beautiful creatures get to know the hand that feeds them, not dreaming that some day it will turn and rend them. It takes about nine months for the cubs to grow to maturity, and the litters usually number from six to eight.

One or two islands go in for propagating the silver-grey fox, whose pelt is worth much more than that of the blue.

JOHNSON'S ANODYNE LINIMENT

Used 102 years for internal and external ills.

A sure relief for coughs, colds, sore throat, cramps, cholera morbus, diarrhea, cuts, burns, bruises, sprains, etc.

25c and 50c everywhere
I. S. JOHNSON & CO., Boston, Mass.
Parsons' Pills Relieve Constipation and Headache

ESKIMO DOG FARMS

How Mrs. Scott Breeds and Trains Dogs for Arctic Exploration.

At Grove Park, one of the suburbs of London, Mrs. Scott conducts a very interesting dog farm. Her specialty is Eskimo dogs, which she breeds and trains for the market. The market is not very large, but it is sufficient to make it worth her while to raise and train the best possible Eskimo dogs. It is not the ordinary dog market. It is the market for Eskimo dogs which are trained for Arctic exploration. Her kennels have only pure blooded animals of carefully selected stock, and from earliest puppyhood she trains them in how to eat and how to work. When she gets through with an Eskimo dog the animal is not nearly so ferocious as one that has just "grewed up" in the surroundings of an Eskimo village.

They adapt themselves quickly to new masters and they have acquired good eating manners, so that they are not so likely to attack the cupboard or fresh game. Mrs. Scott feeds her animals no meat except pemmican and dried fish brought from Norway; a large part of the diet is especially prepared biscuit. She has supplied trained dogs for a number of Arctic and Antarctic expeditions.

Edison's Cigars.

Thomas Alva Edison, the great inventor, is a great smoker, but he becomes so absorbed in his work that he frequently forgets all about his cigars.

Once he complained to his tobacco dealer of the rapidity with which his "weeds" disappeared, suspecting that some one about him had got into the habit of helping himself.

The tobacco dealer agreed to supply the inventor with some specially "faked" cigars.

"I'll fill 'em up with horsehair and hard rubber," said the tradesman. "Then you'll find there will not be so many missing."

Several weeks thereafter Mr. Edison met his tobacco dealer and began rating him roundly.

"Look here," said the great man, "I thought you were going to fix me up with some faked cigars."

"Why, so I did," replied the other, in some surprise. "Don't you remember the boxes with the green labels—cigars tied with dark brown ribbon?"

Edison smiled reflectively, and said with the gleam of a great discovery in his eye:

"Those! Why, I smoked them myself!"

ONE OF OUR WORST WEEDS

An Experience in Destroying Quack Grass by Means of Sheep.

I have found a way of getting rid of that most noxious weed, quack grass, without labor, and at the same time not lose the use of the land, and also be a source of income. There are not many kinds of stock that like quack grass, but sheep will eat it right into the ground, and we all know if a plant is deprived of air and sun it will die.

If a field has become infested with quack it should be fenced and used as a pasture for sheep. They will keep it eaten down so close that in two, or at most three years, the quack grass will be killed out, and the drop pings from the sheep will have enriched the soil so that a splendid crop of grain can be raised on it. Of course, when they get the grass eaten down close, another pasture should be alternated with this one, so the sheep may keep in good condition.

There is also, besides the income from the soil from the sheep, the income from the wool, and mutton, also increase in flock. I think it a surer, also more profitable, way to get rid of the pest than to try to kill it out by cultivating.—M. D. H.

Phonetics in China.

At a National educational conference held in Peking the government was asked to take steps toward supplying China with a phonetic alphabet to replace the present word signs.

FUTURE OF CANADA

Sir Edmund Walker's Optimism Before New York Canadian Club.

Sir Edmund Walker, addressing the Canadian Club of New York, described Canada as "A nation with its face clearly set towards its goal." He added: "Let us turn for a moment to some of the details of our national life. For many years we have been enjoying an extraordinary prosperity. This is largely due to an immigration which exceeds in the proportion of the newcomer to those already in the country anything ever known before. This proportion is about five immigrants per year to each hundred already in Canada. If that scale is applied to the United States, you will realize that our problem of assimilation, of transportation, of land preparation and of housing, is greater by far than the United States has ever had to confront. In the enormous cost of harnessing the country for this ever-growing army of settlers, the savings of the Canadian people, now very large, are quickly absorbed, and, in addition, we are among the largest borrowers in the London market. We need at the moment, in addition to our own savings, over \$200,000,000 annually for material development, and we get almost all of it from the dear old mother, who now ranks us first in credit among the borrowing nations for whom she acts as banker."

"Without this stream of new capital, the stream of immigration would be greatly lessened, but unless we have a widespread European war, I do not believe it will be checked, except temporarily, when the over-eager son asks too much from the indulgent mother, and thus justifies reproach. It looks as if on the material side we shall continue to prosper, and it behooves us to see that in this widespread prosperity the loaves and fishes are so divided that national harmony and not discord is the result. We are endeavoring to build up an industrial community of the same kind as that of the United States or Great Britain. We do not wish to be merely an agricultural or merely a manufacturing people, either in the east or in the west. Today the west is, naturally, mostly agricultural and pastoral, and it is served mostly by the eastern manufacturer."

"We can already, however, see the beginning of manufacturing in the west, and we shall rapidly repeat the history of many western cities in the United States, which in one generation from mere markets for farm produce developed into busy manufacturing centres. Until this time arrives, we must by frequent conference and frank argument maintain as fair relations as are possible. All must bear their share in supporting the cost of government, including that part in harnessing the country which falls upon the government, and cannot be accomplished by private enterprise."

HIGH SALARIES IN SPORT

A Glance at the Large Amount Some Players Get.

Chance, manager of the New York ball team, receives \$25,000 a year, the highest salary ever offered to a ball player. Another baseball player, named Bresnahan, signed a contract at \$10,000 a year for the St. Louis team, but after serving a year the owners decided to get rid of him. In order to break the contract, which had been made for four years, it was necessary to pay Bresnahan \$20,000. That is to say, he received \$30,000 from the St. Louis club for services that did not extend over more than six months. The Chicago club that dismissed Chance offered him \$6,500 a year and in addition paid him \$10,000 for signing a contract. The New York Telegraph calculates that Bresnahan received \$46,000 for his baseball services, which did not extend over eight months. Close figuring would show that in these eighteen months Bresnahan would not work more than five hours a day. It is doubtful if any man ever made so much money out of sport in so short a time. Pire, the celebrated hockey player, of the Canadian Club, receives \$8,000 a year. He plays twenty games, which is at the rate of \$150 a game. Billy Fitzgerald, the great home player of the Toronto Lacrosse Club, received \$4,000 for twelve games; so that if the time occupied be taken into consideration it will be seen that Canadian lacrosse and hockey players are still the highest paid athletes in the world.

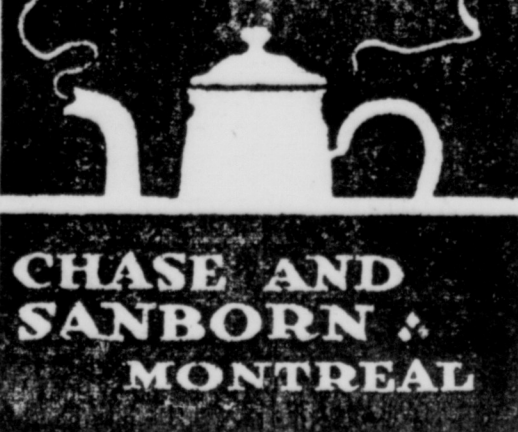
A CURIOUS TRAVELLER

Wasted His Money in Aimless Jaunts Till Police Got Him

Robert Morrow, of Bath, Ont., fifty years of age, was taken off a train and arrested on a charge of insanity at Hamilton. On him was found \$80 in cash and a bank book showing deposits amounting to \$23,242. For a week he had been wasting his substance by riding on trains all over the Province. He refused to buy through tickets or to get tickets from a station agent, but insisted on purchasing them from conductors, and those good only to the next station. His favorite ride was from Niagara Falls to Toronto, and he bought tickets from the conductors for each station on the route as he came to it. The result was that he had his pockets crammed with slips calling for rebates.

Set the Olfactory Nerves a Tingle!

The tempting Aroma of SEAL BRAND COFFEE is An Excellent Appetizer



CHASE AND SANBORN MONTREAL

Isles of the Blest

Between the island of Madagascar and the coast of India there are 16,000 islands, only 600 of which are inhabited. In most of these islands a man can live and support his family in luxury without working more than twenty-five days in the year, or at all, as nature provides the food and no clothes are required.

Holland's Waterways

Holland has 2,000 miles of canals in addition to 3,000 miles of other navigable waterways.

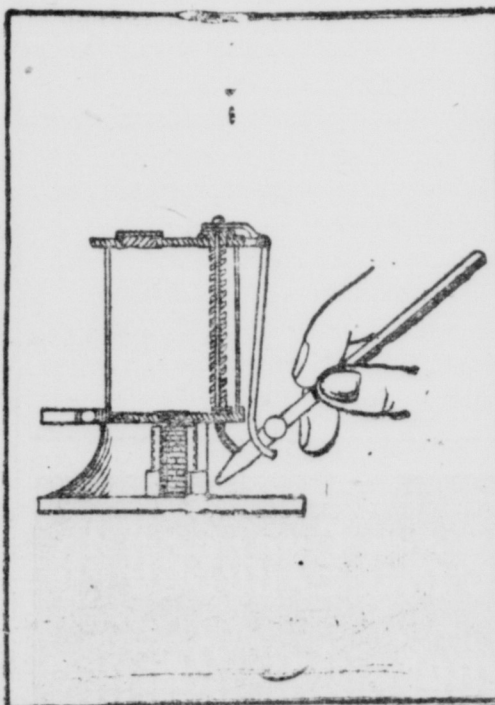
New Motorcycle

One of the newer motorcycles has a single seat which will carry two riders side by side.

DRAWING PEN FILLER

Tiny Tube Discharges Ink into Space Between Pen Blades

Those of us who have ever had to fill mechanical drawing pens, whether we are draughtsmen or merely dabbled in mechanical drawing at school, know that it is a rather tedious operation that requires the use of another pen, and must be done carefully. A Massachusetts man has patented an auto-



GUIDE KEEPS PEN STRAIGHT

matic filler that seems to meet the requirements in a most satisfactory way. A reservoir for the ink has a small discharge tube at the bottom. Flow of ink through this tube is regulated by a valve, which in turn is operated by a lever that hangs from the top of the well and also acts as a guide for the pen. To fill the pen, place it against the guide, with its point below the tube, and press down on the guide, or lever. This opens the valve and the ink runs down between the blades until they are filled.

Modern Rifle Wounds

Wounding an enemy in war is better than killing him, for, says Popular Mechanics, unless he is captured it imposes on his side the burden of taking care of him. The Balkan war has again proved that the bullet of the modern high-power rifle, with its terrific speed, will go straight through a man, penetrating the most vital organs, without killing him; and it has even been found to go through from four to six men, one behind the other. This puts them out of the fight, but at the same time it is a good thing for the fighter, for it gives him a far better chance for his life.



EVEN the barrel label invites your confidence.

It says "you must be satisfied, or your dealer returns your money."

That's because this flour yields the best quality and the utmost quantity of bread, light, white loaves, flaky pastry.

REGAL FLOUR