

Rheumatism Yields To Zam-Buk.

Read This Lady's Experience.

Just at this season many people find themselves suffering from aches and pains of rheumatism, sciatica, etc. For these, Zam-Buk is a sure cure.

Mrs. Mary Harman, Wheatley, Ont., writes: "I had rheumatism very badly. It affected my right arm and leg, and was so bad that I could not put my hand to my head or behind me. I was quite helpless, could not do my work, and could not even dress myself, but had to be attended to like a child. The rheumatism in my leg was so bad that at times I could hardly walk.

"Naturally I tried various remedies, but they seemed to do me no good. A friend advised me to try Zam-Buk. I obtained some, and had it rubbed thoroughly into the affected muscles. Before the first box was used I was very much better. I could move around the house with ease, and dress myself, and needed very little personal attention. I continued with the treatment, rubbing Zam-Buk in thoroughly every day, and in a few weeks' time the rheumatism was driven completely out of my system. The cure was permanent too, and since that time I have never been troubled with rheumatism."

It is just as good for skin and injuries diseases, eczema, scalp sores, eruptions, piles, cuts, burns, bruises, scalds, etc. All druggists and stores, 50c. a box, or by mail from Zam-Buk Co., Toronto, for price.

WHY WOMEN LIVE LONGER THAN MEN

Do Not Expend Their Vital Strength Unnecessarily—Their Figures Are Changing

Statistics prove that women live longer than men. From this point arises an extremely interesting physiological question—how is it to be accounted for that the sex which always has been considered physically frailer than men should in the majority of instances outlive men?

If we are to believe the latest authorities on the subject, we find that women are much more tenacious of life and resist disease much more readily than the average man. She is in many respects the superior of the two.

As a rule, she does not expend her vital strength unnecessarily, while the majority of men either in work, in play, or in pleasure are literally prodigal of their store.

One writer has turned out some instructive comparative figures with regard to the liability of men and women to disease and death. He says from 3 to 35 years of age the death rate between the sexes remains about even, but afterwards the scale turns in favor of women. At 40 a woman has seventy-eight chances to one against dying, while man has only forty-nine chances to one. At 60 the odds are nearly twice as large in favor of woman, and at 80 they are five times as great.

Prof. Sargent of Harvard says their figures are changing to resemble more the men: More height, deeper chests, smaller hips.



THE best quality and the utmost quantity of bread per barrel of any flour in the world.

Light, white loaves, meltingly flaky pastry.

It must give all this, or your dealer returns your money.

SHOT A MOOSE

Thrilling Experience of an Edmonton Young Woman

Feira Plymate, an athletic young woman living with her parents, surprised a party of seasoned big game hunters by dropping in its tracks a big bull moose the third day out on a trip in the back country, about three miles from Twatinaw, on the Athabasca line, north of Edmonton. One shot from her 38-55 rifle did the trick. Miss Plymate was tramping through the brush four miles from camp when she heard the crackle of the underbrush as the moose came bounding through. The party had spread out to cover a wider area and there was no one within a considerable distance of her. Miss Plymate raised her rifle and took aim, hitting the moose square in the neck. The animal stumbled a few yards and fell.

Riddles and Answers

Why has the shoemaker wonderful powers of endurance?—Because he holds on to the last.

Full to the brim, without crack or seam.—An egg.

What is that which, if you take away all letters remains the same?—The postman.

What is the greatest thing to take before singing?—Breath.

What flowers are always under a person's nose?—Tulips.

What belongs to yourself, but is used more by your friends than by yourself?—Your name.

What is that which makes everyone sick but those who swallow better?—Flattery.

What is that which is often brought to the table, cut, but never eaten?—A pack of cards.

What is a put-up job?—The paper on the wall.

Silver From Sweepings

In the manufacture of silver wares the loss of silver in floor sweepings would be great were it not for the methods of recovery. The smelting of sweeps requires a special plant which but few concerns can afford to have, therefore most of them prepare this material so that it can be sold. The most satisfactory method is to grind the sweeps to a fine powder, so that a fair sample can be obtained for assay. One assay of the material may then be made by the purchaser and another by the seller. Unless the sweeps are ground very fine, however, and then mixed thoroughly, there is but little chance of agreement between the two assays, as coarse material is filled with fine shot silver, which, when samples are made, is not evenly distributed.

When the Clyde Wanted Water

In the days when the Clyde was navigable to Glasgow for only small vessels a steamer stuck in the mud near Renfrew and the skipper was not sparing in strong language. While waiting for the rising tide he saw a little girl approaching the river with a bucket to fetch some water. This was too much for the poor captain, and, leaning over the side, he thus addressed her: "If you tak' ae drap o' water oot here till I get afloat, I'll warm yer ear for't."

Man's Body In Cement Block

A human hand protruding from tons of cement, the frames of which were removed recently, was found in one of the concrete pillars of the Government dam across the Mississippi at Keokuk, Iowa, and explains the disappearance several weeks ago of one of the laborers. The man's body is embedded in the solid concrete, and is likely to stay there, as to blast it out would destroy not only the body but a great part of one of the largest blocks of cement composing the dam.

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

EDUCATION IN JAPAN

Children Are Given Good General Training, With Some Specializing

The annual report of the minister of state for education in Japan is in many respects an inspiration and an example to all who are engaged in educational work. It is not a mere record of good work done, although in this respect it is remarkable when we remember the short time that Japan has been in contact with western civilization; it is full of suggestive ideas, and those in supreme command insist on the necessity for all the work being of an educational nature, which would develop the powers of the students. On the one hand, special means are taken for the nurture of efficient teachers, so that the teaching staff of every school should be made complete and perfect, while, on the other, honor and encouragement are given to all persons of merit who are connected with education. At the same time profound attention is paid to the moral education of pupils and students. While a good general education is given as a foundation, special attention is paid to every department of technical education.

INSECTICIDE SIFTER

Scatters Dry Preparation and Lessens the Labor

For the destruction of insect pests that affect low-growing vines or bushes a New York man has patented the sifting apparatus shown in the illustration. It is designed for the use of insecticide in powder form and applies arsenate of lead, lime, slugs, shot, paris green compounds and similar preparations with equal facility. A cylindrical can with a perforated lower portion contains the powder and by a



NO WATER TO INCREASE WEIGHT

regulating device the amount of poison scattered can be governed. The old-fashioned way of spraying vines was to make a liquid solution and to cover an acre of ground required a great deal of unnecessary labor, owing to the weight of the water in the mixture and the fact that only a comparatively small area could be sprayed with one load. It is claimed that this sifter will spray an acre in an hour.

FRANKNESS

Frankness is the art of saying things you honestly think exactly as you think them. To be frank is to be naturally straightforward. Look the other fellow in the eye. In the same manner as a straight line is the shortest distance between two points, so is frankness the only direct course between all people. Because nothing is wasted. The frank man is the man best to be trusted. Look the other fellow in the eye.

Profits in Cherries

Cherries, according to J. T. Bealby, owner of a commercial orchard on Kootenay Lake, are coming to be the most profitable fruit in the fruit

growing industry, although involving possibly the most labor. Mr. Bealby's cherry orchards show a gross production of from \$1,200 to \$1,500 per acre. He states that one tree on his ranch has given an average of \$70 worth of fruit every year for several years, and that \$25 is a fair average for the entire acreage. After the first four years merely ordinary care is required with a little spraying and trimming. Apples, he says, give an average return of \$250 per acre gross. Mr. Bealby purchased his ranch of 25 acres about six years ago, and has made a marked success from the start.

Portable Refrigerator

A Michigan inventor has brought out a portable refrigerator, somewhat resembling a suit case, in which there is a chamber for cracked ice above a compartment for holding perishable goods.

Dry Batteries

Dry batteries can be used in wet places and their lives lengthened by packing them in sawdust in glass jars and pouring melted paraffin over them after waterproof wires have been attached.

China's Arsenal

China's new government will establish an arsenal of the largest and most improved type to keep at home the great amount of money expended abroad each year for the purchase of munitions of war.

Depth of the Ocean

The greatest ocean depth yet measured, a point 40 miles north of the Philippine island of Mindanao, is 32,088 feet deep.

Altitude Record

A Russian woman holds the altitude record of her sex in aviation, having flown to a height of 7,800 feet.

Breeding Hedgehogs for Bounty

In Vermont, United States, a bounty of 30 cents is paid for every hedgehog killed. Some farmers have added considerably to their income by raising hedgehogs, and the Legislature will probably be asked to repeal the Hedgehog Bounty Bill. The bounties paid per year amount to \$30,000 representing the killing of about 100,000 hedgehogs.

FIDDLES FOR BABIES

Cannot Begin Too Early to Develop Music Tendencies

The success of the Music School Settlement in New York commands a respectful hearing for the opinions of its founder, Mr. David Mannes, who writes:

"Now, I would take a child at 2½ years of age, put a fiddle or a piano in the room, but no teacher, and say: 'Here is a toy. Try to do something with it.'

"A nursery has a drum; why not a violin?"

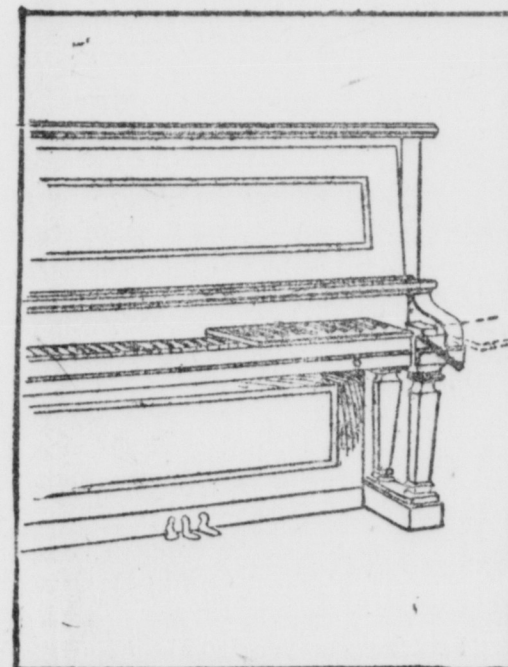
"Pretty soon the child will say: 'I want a teacher.' That will happen nearly every time. And so with sight singing and reading. The house will not lack a musical atmosphere long if you go about it this way."

Compulsory practice for two or three hours a day on an instrument or in voice culture, as Mr. Mannes remarks, certainly has a tendency to kill quickly any love of music with which the ordinary youngster has been born.

BELLS ON THIS PIANO

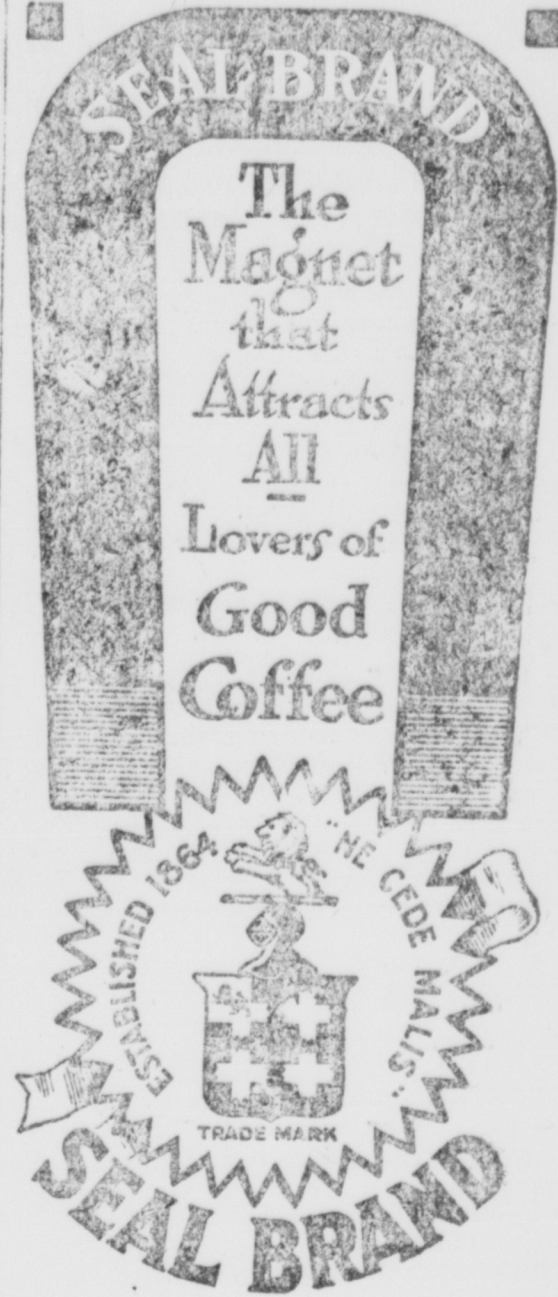
Auxiliary Keyboard Swings Over Treble of Regular One

That once-popular song Rings on Her Fingers and Bells on Her Toes can be played with the proper accompaniments now that a Wisconsin man has patented a bell attachment for pianos. This attachment consists of an auxiliary keyboard that swings laterally at the right of the piano and can be moved in over the treble of the regular keyboard when wanted.



RECORDING RINGS BELLS

The bass notes on the piano are then played with the left hand, as usual, while the right hand plays the auxiliary keyboard. Electric circuits communicate with the keys of the latter and differently-toned bells are inserted in the circuits. When you strike a key on this attachment, instead of getting a piano note in return you get the sound of a bell, and with a graduated scale of bells you get the same melody in different tones.



CHASE & SANBORN, MONTREAL

VALUE OF WINDBREAKS

Trees will not only enhance the beauty of surroundings and consequently the values of a farm, but will serve as a protection to crops, orchards, stock, and man if set out so as to form windbreaks. Fuel, posts, and poles will also be furnished in a few years for the farm. Windbreaks can be formed by a grove of trees, a narrow strip of timber or even a single row of trees set close together. The benefits derived depend upon the density and height of trees, which break the air currents and reduce the velocity of the wind. A belt of evergreen trees surrounding farm buildings and feed yards has a wonderful influence in moderating the winter climate by decreasing the velocity of the wind. Government study and measurements show that a narrow belt of evergreen trees consisting of only two rows, planted close together, and 40 feet high will reduce a 25-mile velocity wind at 200 feet to the leeward to five miles per hour. This reduction is equivalent to raising the temperature 19 degrees as it affects man and beast. This means more comfort for man, saving of fuel in the home, and of feed for the stock. Windbreaks also prevent the drifting of snow around buildings and feed yards. Studies and measurements show that there is considerable increase in yield of fields and orchards sheltered by tree growth. The drying effect upon the soil and crop is decreased by decreasing the velocity of the wind.

Uruguay's Stockyard

Uruguay will establish a public stockyard and 19 public slaughterhouses.

Voice Typewriter

A New York inventor is working on a typewriter operated by the human voice.

New Chemicals

A group of German scientists claims to have discovered six new chemical elements.

Match Industry

The match industry produces seven matches a day for each man, woman and child in the world.

Tough Wire

Wire made of a new German alloy, of which aluminum is the base, is nearly twice as tough as steel.

Leipzig's Hangar

Leipzig is to have the first hangar in the world large enough to house two dirigibles of the Zeppelin type at once.

Light Motors

Extremely light automobiles, driven by small, long stroke motors, are growing in popularity in England and France.

Gas Men Killed

Four gas operators, all residents of Calgary, employed of the Western Canada Natural Gas Company, were asphyxiated in the Nanton Gas Plant. The men were sent down to Nanton to repair a leak in the pipes of the Nanton plant. With considerable difficulty nooses were passed over the bodies of the men and they were dragged out of the building. All were dead.

REGAL FLOUR