

**Women Suffer
More than Men**

Women have more than their share of the aches and pains that afflict humanity. They must "keep up," in spite of constantly aching backs, headaches, dizzy spells, etc. Mas. Edward Colwood of 123 S. Harold Street Port William, Ont., says:

"I suffered with dull miserable pains, soreness across my back and in my sides for months. They would catch me so badly at times that I could not move around. I would have dizzy spells and altogether, felt generally run down. After using a number of remedies without finding relief, I learned of Booth's Kidney Pills and found them an excellent remedy. They not only relieved me of the miserable pains and soreness in my back but cured me of my kidney trouble."

Booth's Kidney Pills
cure: Backache, Lumbago, Shooting Pains, Thick and Cloudy Urine, Gravel or Stone, Rheumatism and all diseases of the kidneys and bladder.



All druggists and dealers 50c. box or post paid from The R. T. Booth Co. Fort Erie Ont. If you derive no benefit your money will be refunded. Could we say more? Sold and guaranteed by E. W. Mair.

BROWN-TAIL MOTH

Nine men arrived with snowshoes, pruning hooks and opera-glasses, have been in town since Tuesday. These men, some of whom are employed by the Provincial government and the remainder by the Dominion, are searching orchard and other trees for the nests of the destructive Brown-tail Moth. It is reported that a number of nests of these pests have been found on apple, and a few on elm trees, in the vicinity of Woodstock. A similar party of nine started at Woodstock and are working south towards Fredrictor.

**Keeping Canada's
Meat Fit to Eat.**

Ottawa, Feb. 3.—Owing to the tremendous increase in imports of meats, both fresh and canned, into Canada, it may be necessary to amend the Canadian laws so that the Government will have full power to inspect all such imports and ensure their wholesomeness. An inquiry is now under way to ascertain the extent and value of the inspection of foods in the countries exporting to Canada, the principal countries in question being New Zealand, and Australia from which Canada is getting large quantities of mutton, and Argentine and Uruguay which are shipping canned beef in increasing quantities to the Dominion.

SANITARY CONDITION GOOD.

The great increase in the canning industry particularly in Western Ontario, has necessitated a considerable increase in the inspection staff. R. Barnes, chief of the meat inspection division, reports to the Minister of Agriculture that the sanitary conditions of the factories have been well maintained.

The increase in hog cholera during the last fiscal year was double that of the previous year, inquiry into the cause has shown that with a few exceptions the probable source of infection was uncooked bits of pork rind which have been eaten by hogs fed on garbage.

MOETLY IN WESTERN ONTARIO.

During 1912-13, a total of 8,466 hogs valued at \$79,179 were destroyed in Canada because of this disease. There were 228 outbreaks of hog cholera in that period in Ontario making necessary the killing of 3,851 hogs valued at \$41,947. Of this number 2,214 were in Essex county and practically all the rest in New Ontario.

Outside of hog cholera, the health of farm animals has been exceptionally good. Glanders, mange, rabies and dourine were much less prevalent than in previous years.

The Hebert-Cloutre marriage case will reopen as the result of a decision rendered by Justice Greenshields on Wednesday at Montreal giving permission to Mrs. Hebert to enter suit against Eugene Hebert for a declaration their marriage was valid, and also to sue for a declaration that the decree of Archbishop Bruchest pronouncing the marriage void is of no effect and illegal.

"Feed and Profit"

We came across two records recently that set us thinking. A Jersey cow that gave a yield of 14,450 pounds of milk and 757 pounds of fat consumed an average of 12.4 pounds of meal per day all year. Just what the average cow in Canada receives as meal is uncertain, but this is certain, that vast numbers of them would do infinitely better if they got the opportunity and were fed on the basis of one pound of grain for every three or four pounds of milk per day that they yield. An Ayrshire record was almost identical 12.8 pounds of meal per day.

As the average cow in Canada gives probably only about one hundred and forty pounds of fat per year, it is a question if she gets an average of three pounds of meal per day. The two cows noted above received four times this amount, and paid for it. More of our cows would pay that is pay a good profit above the cost of feed, if they got the right feed.

When we find good dairymen willing to give seventy and eighty dollars worth of feed to a cow per year, it means they not only have faith in their own judgment, and in the cow's productive ability, but beyond this, they kept records both of milk and fat produced and feed consumed, so as to be perfectly certain they don't waste good feed on cows that don't produce.

Feed record forms add a herd record book will be supplied free on application to the dairy division, Ottawa. Make sure each cow pays a good profit this year.

**Practically Whole Of
Face Newly Shaped**

BALTIMORE, Md., Feb. 4.—With a part of his forearm substituting for new lips, Ross Allen, a young Canadian, at a hospital here, seems to be in a favorable way to have practically the whole of his face newly shaped. When he entered the hospital, about two months ago, with his face disfigured from an accident in a saw mill five years previously, his nose and lips were missing.

A section of flesh shaped to the form of his lower lip was cut on his forearm in December and a grafting juncture made with the lip base. The arm was bound about the head until the grafting was complete. This consumed about two weeks, when, sufficient adherence having taken place, the lip section was severed from the arm, and lip shaped. The same procedure was followed in the upper lip treatment, a section of the arm flesh being grafted across the upper gum and the arm strapped to Allen's head and shoulders until this section, too, had taken hold.

When Allen accumulates sufficient strength for another operation, the surgeons will try to build him a new nose. It is planned to cut away a piece of healthy cartilage from one of the ribs at the junction with the breast bone, shape it to the form of a nose with the nostril openings and insert in place of the missing organ.

INDIA'S TREND TO HOME RULE.

(Christian Herald.)

India, with her 315,000,000, as large as Europe without Russia, and increasing at the rate of 250,000 per month, is slowly but certainly moving toward an era of self government. Not that Great Britain is to leave India, but she is, each year, giving more and more of the politics into the hands of the native people.

In the native States I find strong men being raised up as administrators, judges and men of business, many of these men being trained in Europe or America. The maharajahs and rajahs themselves, notably those of the larger States, are beginning to exhibit a new pride and obligation in the advanced development of their feudatories. In two of the largest native States I found compulsory education inaugurated by popular vote, while some of the most modern plans for irrigation and industrial progress are now taking shape in such States as Mysore, Gwalior and Baroda.

**Arson Squad Had A
Strenuous Day.**

GLASGOW, Feb. 4.—Very destructive fires, believed by the police authorities to have been the work of "arson squads" of militant suffragettes, caused considerable damage to-day in the neighborhood of the Perthshire village of Comrie, famous for its Druidical and Roman ruins. The first outbreak was discovered in a drawing-room of Aberuchill Castle. The domestics were awakened by the thick smoke

and hot flames and rapidly extinguished the fire, but not before a number of valuable pictures and some ancient furniture had been damaged beyond repair.

Shortly afterward another mansion named the "House of Ross," which was temporarily unoccupied, was found to be on fire. The flames had secured a hold before they were discovered and the house which had been erected only a few years ago, was consumed with all its contents.

Traces were found in the vicinity of Aberuchill Castle, indicated that the fires were the work of suffragettes.

A third case of arson occurred in Perthshire later in the day, when Saint Fillans, a fine mansion, was gutted. It was the property of Stirling Boyd, whose wife was formerly president and is now vice-president of the Anti-Suffrage League of Edinburgh. A sheet of paper was found in the grounds, inscribed:

"A warm welcome to Lloyd-George," the reference being to his arrival in Scotland to make a speech here.

**ANTARCTIC EXPLORER DRAWS
LINE AT FORTY.**

London, Feb. 5.—Sir Ernest Shackleton, whose plans for a journey across the Antarctic continent from sea to sea, are almost complete, said yesterday that the men he will take with him must be between 30 and 40 years of age. "Them an under 30," he explained, "however keen and alert he may be, is still a man in the making. He matures by thirty and is at his best between that age and 40."

Wasting the Earth's Substance

The soil, which ages of the grinding action of the elements took to make, is not only being exhausted of the plant food but is being washed by the rivers into the sea. The wastage of the soil in the United States alone is 610,000,000 cubic yards a year. A cubic yard is a wagonload, and if the soil that is irretrievably lost in that country every year were hauled to a wharf and dumped into the sea the train of teams would reach seventy-six times around the earth.

This is so much the concern of the entire nation, even of the entire race, that the time will come when muddy water running off a farmer's field after a storm will be evidence upon which to take him who court and impose a penalty.

In the matter of coal, which is stored up force, there is an equally frightful waste under existing methods. In the United States alone there is used every year ten times as much coal as the entire output of all the mines in the world from the earliest times up to 1843. Three-fourths of this represents waste. In converting coal into electric light 90 per cent. of the energy is wasted.

The depletion of the soil, the wasting of the stored-up force in coal, the destruction of timber, are bringing about a situation which will make it impossible for the earth to sustain the vast population which will come to it. The problems are complicated with questions of race and color, which in themselves and under present conditions constitute great menaces to the human race.—Herbert Quick, in the book "The Good Ship Earth."

**Stranding Of
Steamer Cobequid**

HALIFAX, N. S., Feb. 5.—An official copy of the finding of the Court in the matter of the formal investigation into the causes which led to the stranding of the steamer Cobequid on Trinity Ledge, Bay of Fundy, on the 13th ult., held at Halifax, was received this morning by the local agents of the company, Rickford & Black.

In summarizing the evidence given, the Court found that the soundings taken with the patent sounding machine every half hour during the night apparently did not come in with the ship's assumed positions, and log lines appear to have fouled the sounding wire during the casts taken after midnight, which interfered considerably with the time of obtaining the soundings, and, also must have had some material effect on the log's showing, which, under the prevailing weather conditions and the fouling could not have been very reliable.

In concluding its finding, the Court, which was unanimous in its opinion that Captain Howson was responsible for the loss of the ship, says:

"It was unfortunate that the master was unable to give the exact posi-

tion of his vessel by wireless when she stranded, although under the weather conditions it would not appear that a rescue could have been effected much before the time that it actually occurred."

COMPARISONS IN METAL VALUES

The production of pig iron in the United States in 1912 was 33,892,687 tons of 2,000 pounds each; that of platinum was 1.3 tons. The value of the iron per ton was \$12.44, as against \$1,323,391 per ton for the platinum. For the sake of convenient comparison and because in commercial practice the various ores and metals are measured by a variety of units such as the long, short and metric ton, flak, avoirdupois pounds and troy ounce the United States Geological Survey has issued a short summary of the "Production of Metals and Metallic Ores in 1911 and 1912" stated in terms of the short ton of 2,000 pounds, much in which, however, is derived from imported ores, bullion, etc. A comparison of the production of the some of the better known metals is as follows:

	Tons of 2,000 lbs.	Value.
Platinum	1,304	\$ 1,732,221
Gold	188,108	113,415,510
Silver	4,471.4	80,187,317
Aluminum	32,803	15,089,380
Quicksilver	932.9	1,057,180
Nickel	22,421	17,936,800
Tin	8.4	8,850
Copper	734,052	242,337,160

Lord Strathcona's bequests, besides those previously mentioned, were: Yale University, Connecticut, £100,000; the Royal Victoria Hospital, Montreal, £100,000; Queen's University, Kingston (extension fund) £20,000; Presbyterian College, Montreal, £12,000; Leachcoil College Hospital, Forbes, 10,000 lbs; St. John's College, Cambridge, 10,000 lbs in addition to 10,000 lbs given during lifetime; Church of Scotland Aged and Infirm Ministers' Fund, 10,000 lbs; University of Aberdeen, for a chair of agriculture, 5,000 lbs; also 2,000 lbs each to four London hospitals, namely, the Queen Alexandra Hospital for Incurables at Streatam; the National Hospital for Paralyzed and Epileptics; the London University Hospital, and the Middlesex Hospital.

A demand has arisen for a nice, good wholesomely homely girl on a periodical cover.

The worst punishment inflicted on a boy is by those who owe him money and neglect to pay it.

Last Sunday was the first time in about 45 years of ministry that Rev. J. H. Little of Bethel, Me., missed preaching his Sunday sermon. And two days was the longest time that he has ever been confined to his bed up to his present sickness.

Some men find it hard to get any satisfaction out of doing well unless there is a crowd present.

Clothing From Wood Fibre.

Articles of clothing from wood fibre are being made in Europe. The material for a suit costs about fifty cents. Clothing made of this material, however, can not be washed.

Merely a Continuation.

Fogg says that the oddest epitaph he ever saw was that over the grave of a man who was notoriously lazy. It ran: "Asleep (as usual)."

The Only "Profit" He was Acquainted With

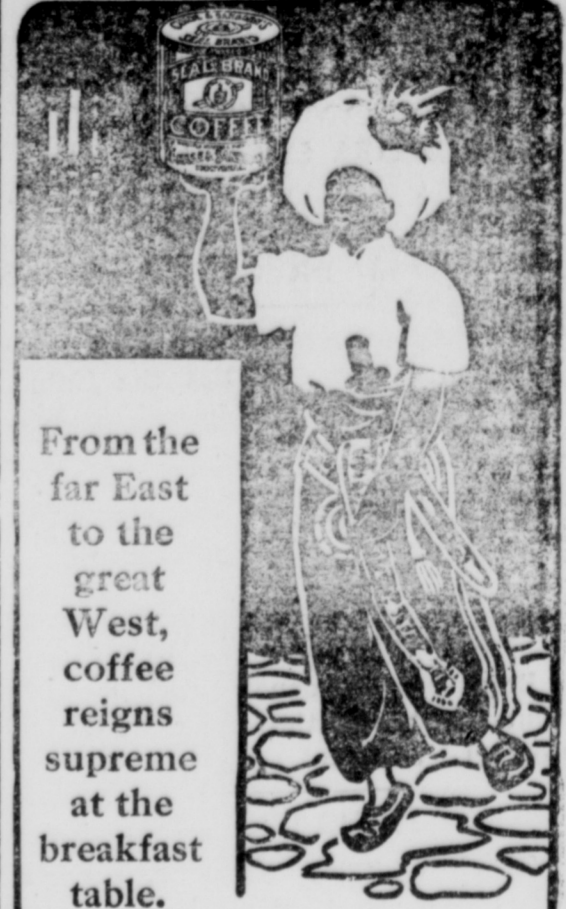
Sunday School teacher — "Benny, can you tell me what a prophet is?" Benny — "Buying something for a dime and selling it for a quarter."

New York Feeling Effects Of Balkan War

The Balkan War, after having caused financial distress the world over, now threatens to spread disorder over a large part of the earth's surface. Egyptian cases recently discovered in New York have been traced to the Balkan Peninsula.

A DAILY THOUGHT.

"It lies in the nature of human advance on the road of improvement that, whatever be a man's occupation, be it handicraft, or art, or knowledge, or moral conquest of self, at each forward step he takes he grows more conscious of his shortcomings. It is thus with his whole career; and those who rise highest are least satisfied with themselves."



From the far East to the great West, coffee reigns supreme at the breakfast table.

Chase & Sanborn's Seal Brand Coffee

is the recognized standard by which all others are judged.

Chase & Sanborn, Montreal.

HOUSEHOLD.

Creamed Parsnips.
Wash and scrape the parsnips, cut in, to dice, and cook in salted water until tender, drain and season with butter and pepper and pour over a white sauce, adding to this a small spoonful of chopped parsley, if liked. Turnips, potatoes, cabbage, carrots, and other vegetables are also good treated in the same way.

Celery In Many Ways.

Celery is served in more variety than formerly, both cooked and uncooked. Uncooked celery stuffed is served as a hors d'oeuvre, a salad or an entree. When intended as an appetizer at the beginning of a meal choose deeply grooved stalks and fill the depression evenly with any preferred combination of cheese rubbed to a paste with cream and seasoned. Cream cheese mixed with any of the strongly flavored cheeses is the usual choice. On this cheese filling place a line of small green capers. The stalks should be about three inches long and two should be served to each person.

The same arrangement answers for a salad course, with the exception that there is more variety to the filling. Four stalks piled crisscross are served in each portion and on the side of the plate there is some attractive little receptacle for salad dressing. Sometimes a deeply curved lettuce leaf hold mayonnaise or a lemon or a green pepper basket is filled with French dressing. Each stalk is then taken in the fingers and dipped into the dressing.

A filling of finely chopped chicken salad is delicious and requires no other dressing served with it.

When served hot as an entree, large stalks of celery are chosen. These are allowed to simmer just long enough to be tender and are then stuffed with forcemeat or any highly flavored mixture of fish, fowl or meat. The stuffed stalks are then arranged in a baking tin and the top of the filling browned in a hot oven. With each portion should be served a spoonful of cream sauce.

Braised celery is a favorite vegetable at the foreign restaurants and provides an excellent way of utilizing the large outside stalks. Boil the stalks in a weak meat stock or in water to which some beef preparation has been added. When tender thicken the liquid slightly and use as a sauce. Braised celery is a suitable accompaniment to either hot or cold meats and is particularly good with poultry.

Sepia is prepared from a secretion found in a vessel called the ink-bag of the cuttlefish. It is very black and is the basis of Indian ink. When dissolved in a solution of caustic potash it becomes brown, and this, properly treated, becomes the sepia of commerce.

More than 325,000 men in New York city are trying to find employment.