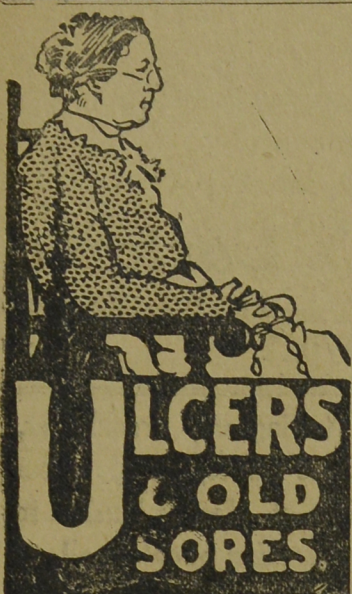




If you have an ulcer, an old sore, or some chronic skin trouble, your best course is to try Zam-Buk. See offer below of free trial box! We are content to let Zam-Buk prove itself. Mrs. E. J. Dubois, Vancouver, writes:—"My mother suffered with ulcers on her feet which made it impossible for her to get about. She had doctors' advice and treatment, but the ulcers got no better. We were advised to try Zam-Buk. After a few weeks' use my mother was able to walk. Perseverance with Zam-Buk completely and permanently cured her."

For piles, skin diseases, abscesses, eczema, cuts, burns, baby's eruptions, and all skin troubles, this herbal balm is without equal. 50c. all druggists and stores, or Zam-Buk Co., Toronto.

**WE OFFER FREE BOX**  
Send this advertisement, name of this paper and 1c. stamp to above address, and we will mail you trial box.

## INFORMATION ABOUT THE WAR STAMPS

The following circular has been received from Ottawa:

Enquiries having been received in regard to postage stamps being used for the prepayment of war duties on bank cheques, bills of exchange, promissory notes, express money orders, proprietary or patent medicines, perfumery, wines or champagne, as well as upon letters and postcards, postal notes and post office money orders, notice is hereby given that this use of postage stamps is in strict accordance with the provisions of the special War Revenue Act, 1915, which provides that postage stamps may be used in lieu of Inland Revenue War Stamps in fulfillment and discharge of any requirement under the act that adhesive stamps be affixed.

The public is at liberty at all times to use postage stamps for any purpose for which Inland Revenue Stamp may be used, but it is especially provided in the Act that Inland Revenue War Stamps are not to be used on letters, postcards, postal notes or postal money orders, the only stamps allowed on these being ordinary postage stamps or postage stamps upon which the words "War Tax" have been printed.

### INCONSISTENT

From Tit-Bits  
"Then you don't think I practice what I preach, eh?" queried the minister, in talking with one of the deacons at a meeting.  
"No sir, I don't," replied the deacon. "You've been preaching on the subject of resignation for two years, and yet haven't resigned yet."

### A NUW WORD.

The writers now,  
Displaying "pep,"  
Have dubbed a Zeppelin  
A "Zep."

Few men are able to appreciate getting the short end of a joke.

## SOME EGG POINTERS

Producer Should Study Wishes of Consumer For Best Results

The consumer unconsciously plays an important part in fixing the standard for the first-grade eggs. Popular prejudices may not always be supported by scientific fact, but, as the consumer is ultimately responsible for the demand, the producer will find it to his advantage to study public requirements carefully and endeavor to meet them as far as lies in his power.

The interval between the time the eggs are laid and the time they reach the consumer should not be more than three to five days, according to the season of the year. If older than this they must face competition with foreign supplies, and have lost a measure of their new-laid quality. Unless the poultry keeper delivers his eggs to private customers he loses control of them after they have passed out of his hands, but he can at least ensure that he is responsible for no part of the delay.

The egg should be not less than 2 ounces in weight; smaller eggs may be equal in nutritive value to those of larger size, but the consumer has an undoubted preference for the latter. In shape it is desirable that the eggs should be neither too long and narrow nor too wide and short; provided, however, the shell is even and not abnormal (this does not greatly matter). The shell should be strong and devoid of any roughness. A thick shell may mean that the proportion of edible matter to total weight is less than when the shell is thin, but this is more than compensated for by the fact that there is less evaporation, and the transport qualities are greater.

While it may be true that there is no appreciable greater value in eggs with tinted shells the consumer usually prefers them to those having white shells, and the producer would, therefore, include at least a proportion of tinted eggs.

While it is important that eggs should present an attractive external appearance, their actual food value can only be determined by an examination of the contents. Examination should allow a small air space at the broader end of the egg. When an egg is new-laid the air space is scarcely perceptible, but it increases in size every day. The contents should be clear and free from spots representing moulds, or dark areas showing development of the germ or bacterial colonies in the white.

When broken the white and yolk should be at once and firm and the yolk round. A flat yolk indicates age or a "stale" egg. The best yolks are reddish-yellow in color, and not pure yellow. If boiled before it is more than three to five days old the white does not thicken to the extent that it will later, but remains milky and sticky.

Finally, it may be said that infertile eggs are to be preferred to those which have been fertilized.

### Photographing Oneself

Take a wood spring clothespin and shape cut one end so that it grasps the bulb of the shutter and the spring tends to press on the bulb.

Then the other ends are brought together so as to release the bulb and are tied with string or thread. On this is put a piece of fuse of some length.

Lighting the fuse, the person goes to the starting point before the camera, and when the string is burned the clothespin presses the bulb and makes the exposure.

### A New Labor Saver

Electrically driven a new machine pastes paper labels on bottles, no matter what their shape.

### Safe Step-ladder

That it cannot be upset is the claim of the patentee of a new step-ladder that has no legs.

# When Spring Arrives

you feel loggy, lazy, weak, tired, listless, and that "I don't-care-to-do-anything" feeling comes over you.

What people require at this season of the year is A GOOD SPRING MEDICINE. FOR FORTY YEARS

# BURDOCK BLOOD BITTERS

has been acknowledged to be the best

# SPRING MEDICINE

Manufactured only by the T. Milburn Co., Limited  
Toronto, Ontario.

## THE WAR MUST GO ON, CRY WOMEN OF PEACE

The Hague, May 1.—The wings of the dove of peace were ruffled today at the session of the International Congress of Women. At the instance of Dr. Augustin, of Munich, the entire Belgian delegation was invited to the platform. Only two women of the five present came from their box at the side of the stage and made their way to the platform. They were welcomed by the chairwoman, Miss Jane Addams, of Chicago, with both hands, but there was no handshaking with the German delegates.

In moving the final resolution Mrs. Rosika Doherty, president of the Hungarian Women's Suffrage Association, requested that all the delegates present stand one minute in silent prayer for peace. Miss Hamer of the Belgian delegation, thereupon asked permission to utter a few words. When this was granted she addressed her audience with the dramatic exclamation:—"I am a Belgian before everything and I cannot think as you do. There can be no peace without justice. The war must continue until the Belgians' wrongs have been righted. There must be no mediation except at the bar of justice."

General sympathy for the suffering women who favor the present just war as much as do the men. One hundred and eighty women are said to be waiting at Tilbury to come to this Congress to talk peace. For everyone of those a thousand English women are willing to accompany their sons and husbands to fight. We are tired of the century-old silly platitudes uttered here.

Mrs. Lillingston insisted on continuing her speech until she was ruled out of order.

Elizabeth Glendower Evans of Boston, and Rose Morgan French of San Francisco, moved and seconded an amendment to the resolution referring to armaments. The amendment urged that all neutral nations immediately place an embargo on the export of arms and ammunition.

Miss Addams said:—"I am glad to agree with Miss Evans' indictment, as much of that has happened in America," but she ruled that the amendment was out of order.

## SORE CORNS GO!

ABSOLUTELY PAINLESS  
No cutting, no plasters or pads to press the sore spot. PUTNAM'S EXTRACTOR makes the corn go without pain. Takes out the sting over-night. Never fails—leaves no scar. Get a 25c. bottle of PUTNAM'S CORN EXTRACTOR to-day.

Occasionally a little singrows up, weis and raises a big family.

## HEAVY CASUALTIES IN 13TH BATTALION

London, May 2.—The casualties suffered by B Company, Thirteenth Battalion (Fifth Royal Highlanders of Canada, Montreal), were so heavy that there seems to be no one left to tell how Captain Guy Drummond and his men fell, but from a communication received by Lady Drummond, his mother, it appears that Captain Drummond started to lead his men from the reserve trenches on the afternoon of Thursday, April 22. This was the first urgent call for the help of the Canadians when the line was broken through the asphyxiation of the French troops. As Captain Drummond and his men made a courageous charge, they were met by desperate volleys of machine gun fire, which mowed down the gallant officer and his men at the earliest stage of the great struggle.

A lieutenant of the same company, writing to a relative in London, says that he was never more surprised that when he emerged unwounded from the most awful experience of his life. Though unwounded, he was still suffering from the horrible effects of the fumes employed by the Germans. At the moment of writing the Thirteenth Battalion was in the rest camp.

Captain Roy McGibbon, Montreal, of the Canadian Army Medical Corps, has arrived at the Queen's Canadian Hospital, Shorncliffe, suffering from a wound in the right wrist. He reports that at the rest camp a few miles from Ypres, the doctors handled over eight hundred and forty cases on Friday, April 23. The wounded were received so fast that only the most necessary treatment was given, the patients being then passed on to the stationary hospitals far from Captain McGibbon and another officer received orders to take two ambulances close to Ypres, to a dangerous position where British troops were moving in to take the place of Canadians. As he was inspecting a car loaded with wounded men, a German shell burst, killing two drivers and wounding Captain McGibbon. The wounded men were rescued from the ambulance, but it caught fire and was destroyed.

**Wood's Phosphodine**  
The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins, Cures Nervous Debility, Mental and Brain Worries, Depression, Loss of Energy, Fatigue of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Woodcock)



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Lantic Granulated is packed in 2 lb. and 5 lb. Cartons. Also in 10 lb., 20 lb. and 100 lb. Bags.

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