

SALTS FINE FOR ACHING KIDNEYS

We eat too much meat which clogs Kidneys, then the Back hurts

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine.

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

ABOUT MARGARINE

Margarine is now used in such large quantities by those who can and those who cannot afford to buy butter that it has become a necessity of everyday life. Every source of raw material for the manufacture of this valuable commodity should, therefore be devoted with a view to keeping the price within reasonable limits.

Hitherto margarine has been produced largely from coconut and palm kernel oil; but according to a recent article in the Scientific American by Mr. C. W. Mell, a powerful rival to these raw materials is to be found in the nuts of the cohune palm of Central and South America. In appearance this tree resembles a bunch of huge ostrich feathers, the branches being in the form of leave measuring thirty to sixty feet in length, which bend over in graceful curves. The nuts hang in large clusters from near the base of the leaves, and are covered by an outer fibrous layer which forms the pericarp. A hard shell about three-eighths of an inch thick surrounds a kernel measuring two to three inches in length, and about one and half inches in diameter. Until recently some difficulty has been experienced in cracking the shells of these nuts, but machines have now been devised which give satisfactory results. About a quart of oil is obtained from one hundred nuts, and an average tree produces one thousand nuts a year. Mr. Mell estimates that in British Honduras there are twenty-five cohune palms to the acre, which case the colony should be capable of producing 275,000 tons of oil annually; while Guatemala and Spanish Honduras are each credited with a still larger number of trees. Cohune nut oil is said to be superior to that produced from coconuts, and to be worth more in the open market. —Chambers' Journal.

VOICE ANALYSIS IS MADE WITH NEW APPARATUS

An interesting apparatus that has been lately developed by a professor of musical theory to analyze the tone qualities of the human voice and to determine defects that require remedying is the subject of an illustrated article in Popular Mechanics for November. The instrument is built of metal and by sensitive membrane in it the overtones that require development and those that should be modified are ascertained.

If You Want Evidence

That Hemorrhoids, or Piles Can be Completely Cured Read These Letters—Both Are Sworn Statements.

Toronto, Ont., Nov. 13.—Next to personal experience the sworn statements of reliable people is the strongest evidence obtainable. If you have any doubt that Dr. Chase's Ointment will positively and completely cure piles, these letters should convince you.

Mr. Samuel Parker, fruit grower, Grimshy, Ont., has made the following declaration before Mr. W. W. Kidd, Notary Public of the same place: "I do solemnly declare that I was troubled with bleeding piles and was advised to go to the hospital to have an operation performed. My wife said, 'No, get a box of Dr. Chase's Ointment.' I did so and have used it according to directions while living in Manitoba and obtained a complete cure, for I have never been troubled with piles since. I am now seventy years of age and want to recommend Dr. Chase's Ointment to all sufferers from piles. My wife has used it for itching skin and obtained complete cure."

Mr. Donald M. Campbell, Campbell's Mountain, N. S., writes: "I have used Dr. Chase's Ointment with great success for hemorrhoids or piles of fifteen years' standing. After trying all kinds of so-called pile cures, three boxes of Dr. Chase's Ointment gave me a complete cure. I have also used Dr. Chase's Kidney-Liver Pills, and there are no others so good. You may use this letter, if you wish, for the benefit of others who may suffer as I did."

Sworn before me, Murdoch Gordon Campbell, J. P., in the County and for Inverness County.

If you would like to try Dr. Chase's Ointment at our expense, send a two-cent stamp to pay postage and we shall mail you a sample box free. Full size box 60 cents, at all dealers, or Edmanston, Bates & Co., Limited, Toronto.

CANADIAN FISH NOW REGULARLY USED IN ARMY

The London correspondent of the Scotsman writes: "I was brought in direct touch with the new world to supply the deficiencies of the old. Major Hugh A. Green, a Glasgow man who is on the staff of the quartermaster-general of the Canadian forces, gave a luncheon party for the purpose of enabling his guests to sample the fish fare now provided regularly for soldiers from the dominion. As yet, it is supplied only to the men encamped in this country or in hospital, but Major Green, who has been the pioneer of this new enterprise hopes to have it extended soon to the trenches. Those who partook of the luncheon, which includes five or six different kinds of fish, plainly cooked in the same way as served out to the soldiers, could realize how much appreciated it must be as a break in the monotony of army meals. The Canadians now have fish for breakfast two days a week, and a fish dinner on Fridays, and the ration has the double recommendation of being cheap as well as popular. The secret of success in the use of frozen fish lies in the thawing and the cooking. For the Canadian army this is done by experts, who know that the fish should be kept frozen until needed, then soaked in cold water just long enough to take out the frost, no artificial heat being used, and then cooked at once. Major Green, after his guests had partaken of a delicious dish of lake fish, casually mentioned that it had been caught in Saskatchewan two years ago. His guests could only reply that, apart from his statement, there was no evidence of the fact. The flavor of the fish gave no corroboration.

While his present mission is to supplement the ration of the soldiers, Major Green is enthusiastic as to the future possibilities of the Canadian rivers, lakes, and salt water fisheries. He points out that for months after the war is over, trawlers employed by the admiralty will have to be retained to sweep the seas clear of mines, and as meat will, probably, have become scarcer than ever, the need for auxiliary food supplies will be greater. Even during the war the trade in frozen fish from Canada, has increased from about six millions to ten millions sterling a year. This, it is believed, can be easily doubled. A ship with refrigerating space can import four cargoes of fish from Newfoundland in the time required to bring one load of meat from Australia. Hitherto one of the difficulties of giving the public the full benefit of imported Canadian fish, especially salmon, has been that, although the fishermen have received it at a reasonable rate, some of them have been known to thaw the fish and sell it alongside the fresh Scottish or English salmon at the same price. The imported fish costs about 4d. a pound landed in this country, and should yield a fair profit if retailed at 6d. a pound. Major Green suggests the establishment in every town of recognized shops where Canadian frozen fish could be bought at a price which would give a fair profit, and that the retailers should be forbidden to thaw it out and mix it with the British-caught fish. The Canadian and Newfoundland fisheries which are practically in their infancy, could in a few months supply Britain with millions of pounds of fish every week. Many of the fishermen in Canada, both on the Atlantic and Pacific coasts, have been in the habit of fishing during only half the year, mainly for the reason that they cannot dispose of the catch, as there has been no market for it. Enormous developments in Newfoundland have already started, and one cold store at St. John's begun in April, and to be completed this year, will hold 20,000,000 pounds of frozen fish. This storage is freezing 100,000 pounds daily, and in a short time will be able to freeze over 250,000 pounds every twelve hours. Until this cold storage scheme started in July, practically the only variety of fish used in Newfoundland was codfish which the fishermen salted and shipped to the West Indies and South American and Mediterranean ports, and other varieties of fish, even sole, turbot and flounders, were thrown back into the water. The Reid Newfoundland Company, which owns the railway and steamship system in Newfoundland, is responsible for this new venture. The company is building forty large refrigerator cars to carry the fish from the different points along the coast, and some of its largest coastal steamers are being equipped with a modern refrigerator system. A store for the freezing of salmon and halibut will be erected on the Labrador coast. Those who have followed the development of the frozen meat and rabbit trade, including Sir Thomas Robinson, of the Queensland government office in London, who looks after the buying of the frozen meats for the army, predict that history will repeat itself with frozen fish.

POINTED PARAGRAPHS.

After a man gets to be about so old most of the romance has oozed out of his system.

Our idea of a loafer is a man who rests before he gets tired.

One opportunity is enough for the man who knows how to take advantage of it.

Time gets away from an old man almost as quickly as money does from a young one.

Too often the wife's yearning capacity is larger than the husband's earning capacity.

If he has a large family to support, a man can't afford to have any other extravagant habits.

When a man makes a fool of himself he gets an awful jolt—but he soon gets over it.

In after years a spinster may have cause to congratulate herself on the number of times she didn't get married.

One shouldn't get discouraged because he is unable to answer a child's question. There are others.

Some men are so smart in a business way that people do not care to do business with them a second time.

"Woman, lovely woman," seems to be proper, but "man, lovely man," doesn't sound good to us.

**Don't Say—
"Call Again."**

Yesterday an army of men started out to sell Victory Bonds.

For the next three weeks theirs will be a colossal task.

From Cape Breton to the Yukon, they will try to call at every city home, every farm home, and every office, factory, and business institution to ask people to buy Victory Bonds.

Conceive, if you can, the magnitude of their work; the hard labour it involves, and the high necessity for it.

Then, realizing all these things, do your utmost to make their task easier.

**Decide now to buy.
Decide the amount you will buy.
Be ready to sign your application
when the salesman calls.**

You should and will buy Victory Bonds, but, don't—please don't—ask the salesman to call again.

The worker's time is limited. He has hundreds of calls to make; and although there is an army of workers, each one has a large field to cover.

Don't say you're going to hold your application for someone else, because each worker is limited to his own district.

The salesman will not accept money. The application blank includes a form of cheque, payable to the Minister of Finance, which you can draw upon your bank; or, if you have not a bank account, there is a form of undertaking which you can use.

**Be Ready—
Don't Say, "Call Again."**