



Enter the Bread Making Contests

at Rural School Fairs in Ontario

The Campbell Flour Mills Company's great offer of the big One-Hundred-and-Fifty-Dollar Pathé phonographs (Five of them!) and other valuable prizes, for the best loaves of bread baked with Cream of the West flour, is stirring up tremendous interest all over Ontario. Many girls are already busy as bees practicing with Cream of the West flour. Last year many girls declared, "Oh, if I had only practised, I'm sure I could have won!" Don't wait another day. Decide right now! Practice, Practice, Practice with

Cream of the West Flour

the best wheat flour that is guaranteed for bread. Every time you bake with it you find out new qualities in this flour that makes such splendid loaves of delicious light bread. Practice!

In five districts, each comprising several counties, we will give away free to the winner of the first district prize a large cabinet phonograph. At each fair there will be given a fine list of local prizes.

Prizes Worth Trying Hard For

1st Local Prize—"Girls' Own Annual," a great big beautifully bound, illustrated book with 200 pages of stories and articles about people, art, animals, gardens, sewing, crocheting—everything that particularly interests young girls, older girls, and their mothers. This is a wonderful prize that you can treasure for years.

2nd Local Prize—"Stories of Famous Men and Women," heavily cloth-bound with gold titles, many beautiful pictures in color, tracing the life stories of Florence Nightingale, George Washington, Peter Macdonald, Jenny Lind, the late Queen Victoria, and others.

3rd Local Prize—"Britain Overseas," a big handsomely bound book with many colored pictures, interesting stories and descriptions of the countries and the peoples of Britain's world-wide Empire. The other half of the prize loaf will be sent to Ontario Agricultural College, Guelph, to compete in the District Contests. The judging will be done by Miss M. A. Parry, of the Department of Breadmaking and Flour Testing. The local contest at the fair will be conducted under the same rules as all other regular contests at our fairs.

The Standard by which bread will be judged will be as follows:

1. Appearance of Loaf 15 marks
 - (a) Color 5 marks
 - (b) Shape of crust 5 marks
 - (c) Shape of loaf 5 marks
2. Texture of Crumb 40 marks
 - (a) Evenness 15 marks
 - (b) Softness 20 marks
 - (c) Color 5 marks
3. Flavor of Bread 45 marks
 - (a) Taste 25 marks
 - (b) Odor 20 marks

Important—Each loaf must be accompanied by the part of the four-egg containing the face of the Old Mill and of every form must be signed by the girl and parents or guardian stating date of birth, T.O. address, and giving name of dealer from whom Cream of the West Flour was purchased. The form will state that the girl actually baked the loaf entered in the competition. The form will be provided at the time of the fair. The decision of the judges is final. Not more than one entry may be made by each girl and not more than one local prize will be awarded to the same family.

Which District is Yours? This list shows you which counties you compete against if you become a competitor for the District prizes:

The District Prizes.—The winner of the first prize at each local fair is automatically a competitor for the following District prizes:

1st District Prize—"The Pathéphone" is the name given to the big Pathé phonograph which offers an extra prize to the girl who enters pleasure and entertainment for a lifetime. It has special reproducing attachments and needles, enabling you to play all kinds of hot disc records of no matter what make. The Pathéphone reproduces loud music, orchestra music, songs and funny pieces perfectly; with it goes a dozen of the famous Pathé records. Total value, \$150.00.

2nd District Prize—Box of Dickens' Works, 18 splendidly bound volumes with many illustrations. Among the books in the set are "Oliver Twist" and "Old Curiosity Shop." These are two of the most entrancing stories ever written.

3rd, 4th, and 5th Prizes—"Cannock" Bread mixers. This simple yet well-made machine takes the hard work out of bread making. Instead of laborious kneading of the old method, you just put in the ingredients, turn the handle, and the dough is thoroughly and more evenly mixed.

District No. 1.—Counties of Glengarry, Stormont, Dundas, Grenville, Lewis, Frontenac, Ontario and Adirondack, Carleton, Lanark, Renfrew.

District No. 2.—Counties of Hastings, Prince Edward, Peterborough, Northumberland, Victoria, Lunenburg.

District No. 3.—Counties of York, Ontario, Peel, Halton, Westwinds, Oxford, Brant, Waterloo (with a few farms in Wellington and Perth).

District No. 4.—Counties of Welland, Hamilton, New York, Elgin, Kent, Essex, Lambton, Middlesex (with a few farms in Huron and Lincoln).

District No. 5.—Counties of Bruce, Grey, Dufferin, Simcoe, Districts of Muskoka, Parry Sound, Timiskaming, Adirondack, Manitowish.

THE RESULTS of the contests at all the fairs will be made known in the usual way, as in the case of all other regular contests. The District results will be announced as soon as possible after the conclusion of the Rural School Fairs in the Province.

DO NOT MISS THIS GREAT OPPORTUNITY: Every girl between 12 and 18 years should compete. What a splendid way to set up successful interest in breadmaking! Get a supply of Cream of the West Flour at your dealer and practice using it as often as possible to increase the chances of winning. If your dealer cannot sell you to you, write to the Campbell Flour Mills Co., Ltd., Toronto, and we will promptly tell you the nearest place to get it.

NO COMPETITIONS IN COUNTIES NAMED BELOW: The competition is open to all parts of the Province where Rural School Fairs are held, except the Districts of Huron, Renfrew and Thunder Bay. These districts are the only parts of the Province where the Department of Agriculture has no representative. There are no District representatives in Huron, Perth, Wellington, Haliburton, Prescott, Russell or Lincoln, and no rural school fairs are held in these Counties by the Dept. of Agriculture. There are, however, a few fairs held at local schools in Wellington, Perth, Huron and Lincoln and these are included in the competition.

The Campbell Flour Mills Company, Limited

(West) Toronto Peterboro Pickering

Cream of the West Flour is sold by the following dealers: Wallbridge and Clark, Belleville; Reynolds and Maxwell, Bancroft; Reid and Thompson, Bancroft; Vandervoort Exps., Eldorado; S. C. Gay, Foxboro; J. G. Shaw, Foxboro; W. B. Powell, Frankford; W. J. Park, Hoard's Station; Jos. Whytock, Madoc; Wm. Flynn, Marmoras; P. E. Burgess, Stine; R. P. Coulter, Stirling; M. J. Quinn, Sulphide; H. J. Hodgson, Trenton; S. B. Rollins, Tweed; James Dryden, Deseronto.

SERGENT T. G. LAPP TELLS OF VISIT TO THE WORLD'S METROPOLIS

Late Foreman of "Ontario" Job Rooms Gives His Impressions of Mighty London — How the 235th Has Been Broken up—Sergt. Lapp Becomes a "Scotchman."

Witley Camp, Surrey, England, Saturday, July 14th, 1917

The arrival of some "Ontarios" tonight, sent my thoughts wandering back to Canada and especially to Belleville where I was privileged to live for three years. Hence the inspiration to write this letter. To give you an idea of just how much the boys appreciate the home papers; my "Ontarios" have passed through all hands in the hut and are now going the rounds of the next hut. I hope they hold together till they have completed the trip for they were the worst of wear when they passed from this hut. Everyone seems to find something of interest in every paper that comes from Canada.

No doubt by this time you have heard of the disintegration of the 235th Battalion. We were broken up at West Sandling, some of us becoming "Scotchmen" (I am among others), others "Irishmen" and the

remainder sent to Battalions of no particular nationality, other than Canadian. Our detachment from the 235th has the honor of now being members of the 134th Battalion, overseas contingent of the 48th Highlander of Toronto. So now we are quite unrecognizable in kit, sporrans, glengarry and gaiters. It may please your Scotch readers to know that the boys find the kit, very cool and comfortable dress for summer wear. We still keep our trousers though, for rainy days. One regrettable feature of the break-up of the 235th, was the reduction of all N. C. O.'s, from the Battalion Sergeant-Major down, to the permanent ranks. Everyone accepted the reduction philosophically, determined that they would earn the right to promotions in France.

We are gradually learning the art of modern warfare and expect to be ready to take our places on the coming "Scotchmen" (I am among others), but surely, forward-movement and the ing line in France. The mysteries

than any other source of the extent that women have assumed men's jobs in order to release the latter for active service.

A four-day stay in London, is far too brief to enable one to see all of even the greater things of the city. Of course the first place we thought of was the Tower of London and our visit was amply repaid. I doubt if any group of buildings in the Empire or even in the world, can show such a pageant of history as is revealed in the Tower. We spent hours in viewing the relics of bygone days. Of modern times, the display of the Crown Jewels is perhaps the most impressive thing to be seen. The original copy of Lord Kitchener's appeal for 2,000,000 men in 1915, is to be seen in the White Tower, also his uniform and jeweled sword. Another interesting display is part of the first Zeppelin bomb dropped on London and the case of the first shell fired in defence of the city. We went from the Tower to St. Paul's Cathedral—a magnificent structure—where we visited the graves of Wellington, Nelson and Lord Roberts. Hundreds of distinguished men of the last four centuries are buried in the crypt of St. Paul's. A climb of 360 feet to the dome, gave us an excellent view of the city. The remains of recent air-raids were quite discernible from this point. Not far from St. Paul's we found the home of civic liberties—the Guild Hall. We were privileged to enter the council chamber and sit for a few minutes in the Lord Mayor's chair. From the Guild Hall we made a brief trip through the financial heart of the Empire, of which the Bank of England forms a substantial part. The Royal Exchange and the Mansion House were included in this trip. Passing up Fleet Street and the Strand, we saw the Temple, Law Courts and Somerset House. This brought us to Trafalgar Square and Nelson's Monument. On one side is the National Gallery, and on the other the Admiralty Arch. To the east of the square is Charing Cross station. Passing down Whitehall, the next point of interest was the War Office. Further on are the far-famed Horse Guards.

Our next trip took us to the Houses of Parliament where, after signing various papers concerning our nationality, etc., we were admitted to the gallery of the House of Commons, and listened for some time to a debate on the Corn Production Bill. We recognised several men on the floor of the House whose names are well known throughout the Empire.

We found much to interest us in Westminster Abbey, not far from the Houses of Parliament, though many of the most interesting relics have been removed as a wartime measure. The beautiful memorial windows have been replaced by ordinary glass in order to prevent their possible destruction by air attacks, and many of the more massive memorials are sand-bagged for the same reason. However, the tombs of many of England's past rulers are to be seen and made interesting by study. In the more ancient part of the Abbey are graves over a thousand years old, and the inscriptions on the stones are still quite legible. We made a particular point to visit Livingstone's tomb, which has a beautiful brass memorial. Westminster Abbey and the Tower are the two great representations of England's past history.

After visiting Westminster Cathedral, the centre of the Roman Catholic Church in London, we passed on to Buckingham Palace. From there it is but a short walk to Hyde Park Corner and Rotten Row, where the office of London "take the air" in the morning. After viewing this morning parade, we were quite convinced that the nobility were quite like ordinary folk.

Walking along the Serpentine, we came to Kensington Gardens, in which is located the beautiful Kensington Palace. South of the palace we visited four immense buildings which are quite close together. Albert Hall, an immense auditorium with the largest pipe organ in the world and capable of seating 10,000 people; the Imperial Institute, which forms part of London College; South Kensington Museum; and the Natural History Museum. We spent nearly three hours in the latter place, which has a very complete collection of the animal, bird, fish and plant life of nearly every period of earth's history known to man. It would require days to assimilate even a superficial knowledge of the things to be seen there. The collection of birds is especially wonderful, occupying nearly a floor of the huge building. I could write a column or two about it, but we saw in our three hours' visit.

On visiting the British Museum, near-Russell Square, we were disappointed to find it closed temporarily. However, it was worth the trip to view the exterior. Our next excursion took us up

Baker Street, made famous by Conan Doyle's stories of Sherlock Holmes, to Madame Tussaud's Wax Works. A friend who had visited London several times before the war, warned me that a trip to London would be incomplete without a visit to this establishment, and I was more than convinced after spending the morning there. The leading men and women, both dead and living, of all the countries of the world, are shown in wax, the height, general build, complexion, eyes, hair, and the customary attitude being perfectly reproduced. Important moments in the world's history are also portrayed in a similar manner. To illustrate the perfection of the work I saw an elderly lady talking to what she thought was an attendant, which proved to her confusion to be a wax figure. The present battlefields of Europe are reproduced in clay on immense tables and each move is carefully recorded. War relics form an interesting exhibit. In the Rogues' Gallery are all the famous criminals of the past three centuries, including Dr. Crippen and the Kaiser. The original death cell and prisoners' dock from Old Bailey are also in this section.

We spent most of the afternoon in Regent Park, visiting particularly the Zoological Gardens where the greatest collection of wild life, both plant and animal, is to be seen. In the evenings we attended some of the very excellent theatres, witnessing among others the 49th performance of "Chu Chin Chow," a beautiful musical play, featuring Oscar Ashe and Lily Brayton, in the late Sir Herbert Tree's theatre. His Majesty's. Of the war plays we chose "Inside the Lines" at the Apollo Theatre and were amply repaid for the time spent. At the London Hippodrome we witnessed Albert de Sarville's master production, called "Zig-Zag," with Shirley Kellogg and George Robey playing the star roles to the intense satisfaction of the audience. Time did not permit us to indulge further in our favorite pastime.

The food production problem was the main topic of London talk, as it is in other parts of the Empire; though I am convinced by what I have seen and heard that the problem will be less puzzling next winter than it was last. Since people have had the true intuition of what was to happen. Jules Verne predicted the submarine war and the dirigibles; H. G. Wells, the trench war and the tanks; whilst Tolstoy, precursor of Russia's fate, wrote in 1901 that wonderful letter to the Czar, saying, "You must do this, and you must do that; and only if you do it will your throne be safe and your life be happy."

At first this war seemed to be the lamentable falling-in of our pet idea to create a federation of all the nations, but see how the chimera is taking root. From everywhere the corditude of our noble cause has increased our sympathies and brought new alliances. I feel sure that the United States of America will be the weight in the balance. And "Entente Cordiale" is a mild word to qualify these alliances, for we are not united only in the hate of our adversary. The sufferings are common, the dangers shared in the same trenches, have dissipated old misunderstandings and opened our minds to a wider relationship between peoples.

"When this war is over, it must never occur again, all the nations fighting and neutral, must work to make another war impossible. If we were only a few in 1914 who objected to the massacre because we thought we knew what it would be, how many millions have rallied who know now that it is a thousand times worse than we imagined! What anti-militarist propaganda would equal these years of slaughter, sobbing and privations?

"Wars, same as revolutions, exalt what is best and what is worst in mankind, and create the vilest criminal, as well as the most wonderful. In the hour of crises, on the morning of battles, the enthusiasm that enraptures the soldier renders him capable of the most sublime actions. Liberty, equality, fraternity are not mere banderets of men are more free, more equal, more fraternal before death than before

saw in some parts of London, and a recent raid I witnessed. Some day the story will be told.

I am afraid I have trespassed over much on your valuable space. If you can blame it to the enthusiasm of youth. By the time this reaches you I expect to be nearer the fulfilment of the purpose that brought us overseas. My sincere wish is that we may go enabled to live up to the traditions established by the Canadians who have gone before us, and I think in expressing this, I am voicing the sentiment of every man in the C.E.F.

Yours sincerely
T. G. Lapp.

A LETTER FROM MY POLLO

(By Juliette Mylo, the well known French Actress and Playwright)

My friend Pollo, who I introduced to you some time ago when he was on leave in London, has written me from the trenches such a beautiful letter that I wish everybody could read it.

I should have preferred to give it in French, but as there are still a few people in London who do not understand the French language perfectly, I will try and translate it as best I can.

Your letter found me at the bottom of my cavern some forty feet under civilised life. Although my home would certainly dazzle the human beings of prehistoric age, I am afraid it would make a disagreeable impression on your twentieth century's elegance. This troglodyte's comfort, low ceiling, uneven floor, damp grass walls, compressed at the moisture and darkness would undoubtedly cause you to shiver.

"But I am used to it and it is so common that my thoughts dwell on such modernities as electric light, central heating, warm baths, luxurious arm-chairs, stalls in the West-end theatre, etc. Indeed, I had forgotten them once more when your letter came to remind me that a little more than two months ago I was in London.

"How I enjoyed my visit! The pleasure of being in a country I love and of mixing with a friendly crowd was greatly increased by the interest I created on my passage. Behold my infatuation! For the first time in my life I was noticed! Boys and girls glanced at me admiringly, men and women exchanged smiles and remarks. I was hailed as my Croix de Guerre; I, the mad Socialist, the unattractive, old, anti-militarist, I was somebody because I carried with me sacred uniform the symbol of the French Army, because I was a soldier of France!

"But in reality I have not altered very much. I am still the dreamer and the idealist of before, and for a few dreams that have disappeared many new hopes have come to life. In these days, when events work with a rapidity that defies reasoning, it is often these dreamers who have had the true intuition of what was to happen. Jules Verne predicted the submarine war and the dirigibles; H. G. Wells, the trench war and the tanks; whilst Tolstoy, precursor of Russia's fate, wrote in 1901 that wonderful letter to the Czar, saying, "You must do this, and you must do that; and only if you do it will your throne be safe and your life be happy."

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the law. In their faith for an ideal they can sacrifice personal interest. Here, my best friends are Catholics and Royalists, and although I am neither, I feel infinitely nearer them than those men whose life has no other aim than eat, drink and make money.

"We soldiers know what we leave when we separate from our friends and our family, when we give up the pleasures of the world and the hopes of our future, but we know also that we find here the most intense life that it is possible to live, fighting for the most sacred cause, and having in view the glorious achievement of a Victory for Humanity."—London News.

MILITARY NOTES

Gilbert Deline, of this city, is the latest recruit to the Army Service Corps in Kingston.

The Canadian military authorities have withdrawn the regulations previously in effect prohibiting Canadian soldiers from entering the United States, and soldiers desiring to go there on furlough are now able to do so on obtaining leave of absence pass from the military authorities.

To say that the honor of being a Companion of St. Michael and St. George conferred on Brig.-Gen. T. D. Hemming, Camp Commandant, is eminently satisfactory is to put it lightly. The staff is sorry that there was not a "K" in front of it. Gen. Hemming deserves it and now his hundreds of friends are waiting for him to be made a major-general and knight commander.

An Eastern Ontario Depot Battalion has been authorized for Barrieffield Camp and in a very few days all of the drafts in this district will be brought here for their final training.

There are now eight reinforcing drafts being raised in this district. Ottawa has the P.P.C.L.L. and the 5th P.L.D. Guards drafts. There is a total of forty-eight men in these. Cornwall is the home of two, one of thirty men for the 38th Battalion and one of nineteen men for the 253rd County's University Highlanders. Belleville and Lindsay each have a 2nd Battalion draft, totalling together fourteen men. There are also the 21st and 24th Battalion drafts now at the camp of sixty-three men. This total of 132 have been ordered to go to Barrieffield and be absorbed into the E.O.D. Battalion. This unit will become part of the Infantry School for training and discipline.

It has been decided by Brig.-Gen. G. S. Maunsell, G.S.O., that all training of the camp will be under the direction of the commandant and staff of the Infantry School. Ten schools of various kinds of work have been authorized and the instructors for each branch will be supplied by the Infantry School.

The ten schools either now running or authorized to start in a few days are the Infantry School, School of Musketry, Bayonet and Physical Training, Machine Gun School, Bombing, Bugging, Trench Warfare, Equitation, Fire and Drum or band instruction, Signalling and Cooking.

The 24th Battalion draft at the camp has been ordered to move into the Infantry School lines and be the first of the movements of drafts to camp under this new system which is being established immediately.

Orders have been issued to have every man in the district receive a complete course in Bayonet Fighting and Physical Training. This will be commenced as soon as the drafts are moved here.

The artillery brigade at Petawawa are very short of officers, according to reports from that camp. There are no officers being appointed.

FUNERAL OF THE LATE GEO. L. SCHAFFER

The funeral of the late George L. Schaffer took place Friday afternoon from St. Thomas' Church, interment being made in the Belleville cemetery. The services were conducted by the Rev. Mr. Simmonds, of Colborne, assisted by the Rev. Archdeacon Beamish, of this city. The Masons of Colborne Lodge were in charge and the bearers were members of this fraternity, to which the deceased had for many years belonged. A number of Belleville Masons met those present from Colborne, attended the funeral and escorted the body to the cemetery.

MRS. ANN WOODS

(From Monday's Daily.) Mrs. Ann Woods of Latta, died yesterday at the age of 85 years. She leaves two sons and three daughters, Thomas of Latta, John of Ashland, Wisconsin, Mrs. James O'Brien of Campbellford, Mrs. Ousean Forrester, Stirling, and Mrs. Philip Shannon of Latta. Funeral notice later.

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What would ours be? For there is no bloom in our life. No matter how we stretch our souls, with alternating dreams and thoughts, when the words come to some it's Fate. In a contest to some it's wife; To some it's The dreams each have. The dreams Everyone may not be high order, or worthless, come our idiosyncrasies in proportion or evil. "The watch our idiosyncrasies, to watch our idiosyncrasies, for the first have been, not entertained, they will then certain their friends is poor many things. A person mainly rises a man who has wealth as his and sordid, become dull, the call of his ing gold, he conceals the life. Every ing wealth, mind, being like unused less. One of enjoying of life when on the base take life expect toward "that the on lady; when would you find yours should sit ease was to life; a life is and mental valid through It is well hope for draws us out. But it is best our ideal is as is spoken hortation to soever thing things are are pure, whatsoe port; if they be any praise We should thoughtful know it or, and all our them. This, mould, master. El