

COAXING THE SALMON.

Try Trout Fishing Tactics When You Go After This Game Fish.

When you are going to make a try for salmon remember your trout fishing. Keep low in the grass and bushes, cast delicately over the entire pool, beginning at the tail, where the fish are most apt to be in ordinary weather, and working up to the very head, where they are often found after a rise of water, propel the fly with the variety of motion known to every trout fisher, and particularly try it at various depths.

I have often found that the only way to start a salmon was to sink the fly at least two feet and rely upon a tiny spasmodic twitch now and then (as of a drowning insect) to do the trick. This is often effective after a fish has come up once and refuses to repeat the experiment.

When a rise comes it will probably be a slow one. Do not move the fly at all after the first sign. Strike lightly, but firmly, on the first impact if the line is short, and when you have counted two or three after the rise if the line is long. Advice not to strike, if applicable at all, pertains only to swift water when fishing downstream. Under any other conditions failure to strike is often suicidal.—Outing.

What You Eat in Apples.

Do you know what you are eating when you eat an apple? You are eating malic acid, the property that makes buttermilk so healthful. You are eating gallic acid, one of the most necessary elements in human economy. You are eating sugar in the most assimilable form, combined carbon, hydrogen and oxygen caught and imprisoned from the sunshine. You are eating albumen in its most available state. You are eating a gum allied to the "fragrant medicinal gums of Araby." You are eating phosphorus in the only form in which it is available as a source of all brain and nerve energy. In addition to all these, you are drinking the purest water and eating the most healthful and desirable fiber for the required "roughness" in food elements.

Johnson and Seven.

President Johnson had seven letters in his name. When he was fourteen, twice seven, he became a tailor's apprentice, which he remained for seven years. When he was twenty-one, three times seven, he gave up tailoring. When he was twenty-eight, four times seven, he became an alderman. At thirty-five, five times seven, he entered the legislature. In 1842, six times seven, he was a member of congress. At forty-nine, seven times seven, he was a senator. On the 7th of March, 1862, he was military governor of Tennessee. At fifty-six, eight times seven, he became vice president.

Mapping the United States.

Beginning nearly forty years ago to construct accurate topographic and geologic maps of both the known and the unexplored regions of the United States, the United States geological survey has speedily progressed with this part of its work until topographic maps of 40 per cent of the country are now published, besides maps for large areas in Alaska and Hawaii. Extensive areas have also been covered by geologic maps, and all the work from the beginning of the field survey to the printing of the finished map is done by this government bureau. Other activities of the survey are the classification of public lands, the annual collection of mineral statistics of the United States and investigations of the nation's water resources, all involving the publication of scientific and technical reports containing over 20,000 pages annually.

During the last thirty years over \$15,000,000 has been spent by the geological survey in geologic and topographic surveys in the United States.

Seeing Distances.

About 200 miles in every direction is the distance a man can see when standing on a clear day on the peak of the highest mountain—say at a height of 28,668 feet, or a little over five miles above the level of the sea. An observer must be at a height of 6,667 feet above sea level to see objects at a distance of a hundred miles. The distance in miles at which an object upon the surface of the earth is visible is equal to the square root of one and one-half times the height of the observer in feet above sea level. Some allowance has to be made for the effect of atmospheric refraction, but as the refraction varies at different heights and is affected by the various states of the weather no precisely accurate figures for general purposes can be given. Probably from one-fourteenth to one-tenth of the distance given by the formula would have to be deducted owing to the refraction of the atmosphere.

The Purist.

The Manager (at amateur rehearsal, to the leading lady)—"Ere, Miss Mortimer, you mustn't talk like that to the duke. You mustn't say, 'Wot are you a-join?' You've got to speak king's English. You must say, 'Wot are you a-join' of?'—London Sketch.

Bunker Hill Monument.

Bunker Hill monument is 221 feet 2 inches high, 30 feet square at the base and 15 feet 4 inches square where the pyramidal apex begins; 8,700 tons of granite were used in building it.

Epitaphy.

Epitaph for a miserly man: "His head gave way, but his hand never did. His brain softened, but his heart couldn't."

At the Department Store.

The Shopper—"I'd like to look at some puffs. The Usher—Powder, hair or cream?"

CHINESE FARMS SMALL.

Hardly More Than Gardens, and the Cultivation is Intensive.

It is incorrect to speak of the Chinese as farmers in the strict sense of the word, for they are gardeners rather than farmers. A so-called Chinese farm is no larger than what in America would be called a good sized garden, and the methods of cultivation are of the most intensive sort.

Generally speaking, it seems that the greater the prosperity of the agricultural family the larger the number of children; hence in turn the greater the number of mouths to feed. In addition prosperous conditions always bring with them greater expenses incident to family festivities, such as weddings, which stand out as all important considerations in the lives of the Chinese. In Manchuria the conditions are somewhat different, for there are vast stretches of land open to cultivation on a much larger scale than in China proper. These tracts are generally worked by hired farmers, who come in hundreds of thousands from the more densely populated sections of China to spend the short farming season in northern portions, returning again when the cold weather makes further labor in the fields impossible.—United States Consular Report.

A Turkish Love Story.

A Turk knocked at his beloved's door, and a voice answered from within, "Who is there?" Then he answered, "It is I." Then the voice said, "This house will not hold thee and me." And the door was not opened. Then went the lover into the desert, where there is nothing but Allah, and fasted and prayed in solitude. And after a year he returned and knocked again at the door. And again the voice asked, "Who is there?" And he said, "It is thyself." And the door was opened to him.

Dickens and a Face Ache.

Dickens wanted to be an actor before he was an author. He would have been but for a face ache. When he was a lad and a lawyer's clerk he had attained a trial of his power of reproducing "character and oddity" before Mathews and Charles Kemble. But a face ache kept him at home, and soon after he "made a great splash" as a newspaper reporter. Thereafter he reproduced "character and oddity" on paper instead of the stage.

The Optimist.

"You're looking blue, doc. What's the matter?" "Well, I'll tell you. A patient I began to treat died this morning." "Ah, cheer up. He might have died even if you hadn't been called."—Toledo Blade.

KEEP THE TOWN CLEAN.

Make It a Campaign to Last as Long as There's Work to Do.

Don't call it a cleanup day or a cleanup week when you start out to really do something to make your town or community a cleaner, safer, healthier place in which to live, suggests a state board of health bulletin. Or, rather, don't let it be the prevailing idea that one day or one week is sufficient in which to clean up and get rid of all nuisances and health dangers. And, what is still more important, don't think that when you have cleaned out a few vacant lots and alleys, set out a few trees and carted off the trash and papers from a few back yards that you have had a successful cleanup campaign. As a matter of fact, you haven't touched the dirty dirt or removed any of the real dangers to health and safety.

It is true that trash and rubbish are unsightly and should be removed, but in comparison to flies and the feeding and breeding places of flies rubbish is not the filthy filth that we think it is. To some people flies may not look as bad as trash, but it is only to those who don't know where they breed, what they eat and the number and kind of disease germs they carry on their feet. It is this kind of filth that a cleanup campaign should go after and clean up.

A cleanup campaign should not stop at a week, at a month or a season unless the town or community has in reality reached the point where it can clean up and keep clean. No spasmodic effort at cleanliness gets results. It does not only fail to get a clean and attractive town, but it is worse than nothing as a means of safeguarding health. The cleanup campaign that is worth while is that which induces the people to clean up and keep clean all the year round and which goes after the dangerous filth—flies, surface closets that admit flies and breeding places for flies. Breeding places for mosquitoes might well be added to the list.

Music.

There is something marvelous in music. I might almost say that music is in itself a marvel. Its position is somewhere between the region of thought and that of phenomena, a glimmering medium between mind and matter, related to both and yet differing from either, spiritual and yet requiring rhythm, material and yet independent of space.—Heinrich Heine.

Papier Mache.

Papier mache is made chiefly from old paper by boiling to a pulp with water, pressing, mixed with glue or starch paste and then forcing in a mold previously oiled. After drying the articles made with this compound are soaked with linseed oil and then dried at a higher temperature.

And Now He's Fired.

"What do you mean by whistling that in this office?" demanded the clerk.

"Well, sir, I thought I'd like you to know that I'm bearing up cheerfully in spite of my miserable salary," answered the clerk.

Hoped For More.

Mrs. Chestnut—Who was that man I saw you with yesterday?

Mrs. Walnut—That was my husband. "Oh, your last husband?" "Don't say the last. It sounds as if you were trying to discourage me."

Modern Plows.

The modern plow was a Dutch invention. Englishmen and Americans have made many improvements in this implement, but for many years the Dutch plow led the world.

Weeping over lost opportunities is a mistake; the tears may prevent you from seeing others that are coming.

The Problem.

She (delightedly)—Father says if we want to get married he will pay half the expenses of furnishing a house for us. He (despondently)—But who will pay the other half?—Chicago Herald.

Speaking of "Turns."

What goes around the corner without moving? A curbstone.

What turns without moving? Milk.—Boys' Life.

Musical Criticism.

The Musician—Hang it, Bill, don't you realize that one of your shoes squeaks in B flat and the other in G major?—Life.

Truth is as impossible to be soiled by any outward touch as the sunbeam.—Milton.



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Western Harvest \$12.00 to Winnipeg

Plus Half a Cent per mile beyond

Return, Half a Cent per Mile to Winnipeg plus \$18.00

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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 Pathe 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! Practise, Practise, Practise with

Cream of the West Flour

the hard 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 big loaves of delicious light bread. Practise!

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.



THE PATHEPHONE

Five of these large cabinet phonographs, each with twelve records, given as first prizes in District Contests. Value, \$150.00. Size 20 in. x 20 in. x 41 in. high.

Prizes Worth Trying Hard For

1st Local Prize.—"Girls' Own Annual," a great big beautifully bound illustrated book with 800 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 colors, entrancing life stories of Florence Nightingale, Grace Darling, Flora 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.

4th Local Prize.—"The Queen's Gift Book," a book of stories, pictures and special articles by Britain's best writers; the proceeds from the sale of this book are for the benefit of disabled soldiers in England.

Note.—Unless the entries number six or more only first and second prizes will be awarded. Unless the entries number ten or more no fourth prize will be awarded.

Read Carefully Conditions of Contest

Every girl may compete at the rural school fair in her district, whether or not she attends school, providing that her 12th birthday occurs before November 1st, 1917, or her 19th birthday does not occur before Nov. 1, 1917. One loaf of bread must be submitted baked in pan about 7 x 5 inches and 3 inches deep, and divided into two loaves, so that they may be separated at the fair. The loaf must be baked with Cream of the West Flour. One-half will be judged at the fair. The other half of the prize loaf will be sent to Ontario Agricultural College, Guelph, to compete in the District Contests. The judgment will be done by Miss M. A. Purdy, of the Department of Broommaking and Flour Testing. The local contest at the fair will be conducted under the same rules as all the other regular contests at your fair.

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

1. Appearance of Loaf 15 marks
 - (a) Color 5 marks
 - (b) Texture of crust 5 marks
 - (c) Shape of loaf 5 marks
2. Texture of Crumb 40 marks
 - (a) Evenness 15 marks
 - (b) Siftiness 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 bag containing the face of the Old Miller, and an entry form must be signed by the girl and parents or guardian stating date of birth, P.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 automatically becomes a competitor for the following District prizes.

1st District Prize.—The "Pathephone" is the name given to the fine big mahogany phonograph we offer as first prize. It will give you endless pleasure and entertainment for a lifetime. It has special reproducer attachments and needles, enabling you to play all kinds of flat disc records of no matter what make. The Pathephone reproduces band music, orchestra music, songs and funny pieces perfectly; with it goes a dozen of the famous Pathe records. Total value, \$150.00.

2nd District Prize.—Set of Dickens' Works. 13 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.—"Canuck" Bread mixers. This simple, yet well-made machine, takes the hard work out of bread making. Instead of laborious kneading 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, Leeds, Frontenac, Lennox and Addington, Carleton, Lunenburg, and New Brunswick.

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

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

District No. 4.—Counties of Welland, Haldimand, Norfolk, 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, Algoma, Manitowish.

THE RESULTS of the contests at the fair will be made known in the usual way as in the case of all the 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 stir up increased interest in breadmaking! Get a supply of Cream of the West Flour at your dealers and practise using it as often as possible to increase the chances of winning. If your dealer cannot sell it 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 Rainy River, Kenora and Thunder Bay. These districts are the only parts of the Province where school fairs are held by the Dept. of Agriculture in which this competition will not be a feature. There are no district representatives of the Dept. of Agriculture in the Counties of Sudbury, 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 by 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: W. G. Parish, Athens; Leeds Farmers Ltd., Athens; H. Brown & Son, Brockville; Peter Botting, Forfar; McClellan & Shaneman, Gananoque; Lansdowne Co-operative Society, Lansdowne; S. E. Blair, Westport.

OUR GREAT

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Mens and Boy's summer shirts, pants, underwear, suits, bathing suits, jerseys, socks, straw hats, panamas, silk caps, and all summer goods must be sold regardless of cost.

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Plus 1/2¢ per mile beyond

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From all stations in the Province of Quebec, also stations in the Province of Ont.—Brockville, Smith's Falls, North Bay and East. Fare Returning—1/2¢ per mile to Winnipeg plus \$18 to starting point.

NO CHANGE OF CARS BETWEEN EAST AND WEST ON THE C. P. R.

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