

TORTURED BY RHEUMATISM

Sunday School Supt. Tells How "Fruit-a-lives" Relieved

TORONTO, Ont., Oct. 1st, 1913.
"I have lived in this city for more than 12 years and am well known. I suffered from Rheumatism, especially in my hands. I spent a lot of money without any good results. I have taken "Fruit-a-lives" for 18 months now and am pleased to tell you that I am well. All the enlargement has not left my hands, and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in eighteen months."

R. A. WAUGH.
55c. a box, 6 for \$2.50, trial size 25c. At all dealers or direct from Fruit-a-lives Limited, Ottawa.

THE WOMAN OF TO-DAY.

He was a true philosopher who said that the more fruitful a theme the greater the difficulty to write about it. Could there be any more abundant subject than the women of our land and yet how difficult to say anything at once new and interesting. We can tell of incidents of heroic sacrifice, but to mention such things of a few is to ignore thousands of similar cases. We can tell of the woman who in order to gratify the desire of her sixteen-year-old son to join the colors went out and gathered in twelve recruits. Her deed was noble, marvellous in its motherly and patriotic devotion, but it cannot be emulated by all and it is questionable if it is desirable that it should be. Other mothers have really done as much in sacrificing their own offspring and in dismissing them with a kiss and a fervent "God bless and guard you, my boy." It is the number of such sacrificial incidents that makes them difficult to dwell upon.

Yet there are many cases in which the mothers cannot bring themselves to make the divine sacrifice, and it is to be feared that usually in such instances they are not urged very strongly to do so;—in other words that the young men are perfectly satisfied to take shelter behind the maternal skirts. However, it is not of the men, but of the women and their work that it is sought to speak. If they are not all Spartans they can each and every one render some service, or to use a hackneyed phrase—"do their bit." And the majority are doing it. In innumerable ways they are rendering service. There is probably not one of the hundreds of women's institutes in the country that is not working for some branch of helpfulness. There is not a woman's organization of any sort that is not in some manner contributing to the great cause. The question is, Can they do more?

As the war goes on and extends into the future the necessities will become greater and more urgent. Supplies of all sorts will be harder to get, while at the same time there will be more in need. The responsibilities for taking care of the country's defenders will increase and thus grows the importance of every woman in some way taking a hand.

Children can knit and sew and make things useful. In fact thousands of them are so engaged. But it is a question if more could not be accomplished, both by the women and children by more extensive organization. Up to date there has been little canvassing for helpful aid. Nearly all that has been undertaken has been voluntarily assumed. The time (it is to be feared) is coming when this will not be enough. In Britain already house-to-house canvassing is being conducted and women are being asked, if they cannot do one thing, to do another. The question is put to them plainly—What will you do to help in the defence of your country, in support of the men who are fighting to keep your homes and land from desecration and violation, for the liberty of nations, for the punishment of wilful, wholesale murderers and for the honorable observance of sacred treaties? Answers are generally forthcoming in an agreement to supply each week or month some article or articles that will be useful. Information is afforded on the requirements and the rules of the service that is asked. In this way a great deal is accomplished, women and girls employing many a spare minute that otherwise would be wasted.

Our women are doing much, but are they really doing all they can? As individuals many of them doubtless are, but are they encouraging others to do likewise? In these days it is hardly enough to sit down and work one's self. Examples must be followed and must be forced along. There is not a woman or a child who cannot in some way help. Comprehensive organization is needed to utilize that way. We should one and all bear in mind that at such a time as the present the non-application of effort is as much a sin as wasteful extravagance.

Gen. Soukhomlinoff, former Russian War Minister, has been imprisoned on charges of negligence and treason says a Petrograd despatch.

Dr. James Douglas of New York, Chancellor of Queen's University, has given \$20,000 in support of a chair in the Medical college.

Children Cry FOR FLETCHER'S CASTORIA

ROOT MAGGOTS AND THEIR CONTROL.

Among the insects, which attack vegetable plants, the root maggots every year destroy many thousands of dollars worth of such crops as cabbages, cauliflowers, turnips, radishes, onions, beans, corn, etc. These insects are widespread throughout Canada, occurring in all of the provinces. The Entomological Branch of the Department of Agriculture has just issued Bulletin No. 12 entitled "The Cabbage Root Maggot and Its Control in Canada," with notes on the Imported Onion Maggot and the Seed-corn Maggot. This has been written by Mr. Arthur Gibson, Chief Assistant Entomologist. In charge of Field Crop Insect Investigations, and Mr. R. C. Treherne, Field Officer in charge of the Entomological Laboratory at Agassiz, B.C., as a result of a number of years of work conducted in the provinces of Ontario and British Columbia. The bulletin comprises 18 pages and is well illustrated with 29 illustrations and a valuable chart showing the egg deposition of the Cabbage Maggot during a single season. Following a brief introductory and historical note the Cabbage Root Maggot is treated in detail. The various stages of the insect are described and figured and the life-history, development, habits, etc., of the insect fully given.

Notes on the life-history, habits, etc., of the Imported Onion Maggot and the Seed-corn Maggot then follow. The means of controlling root maggots are discussed at considerable length, as for instance felt tarred paper discs for cabbage and cauliflowers, cheese-cloth frames, trap crops, autumn planting, poisoned baits to destroy the adult flies, etc. Cultural control and natural control are also discussed, under the latter chapter interesting information being given on predaceous and parasitic insect enemies.

Owing to the decided economic importance of root maggots, farmers should make early application for this valuable bulletin. Any farmer may obtain a copy free of charge on application to the Chief, Publications Branch, Department of Agriculture, Ottawa. Enquiries concerning injurious insects and remedies therefor should be addressed to "The Dominion Entomologist, Department of Agriculture, Ottawa." To this latter officer, packages up to 11 ounces containing insects and their work may be sent free of postage.

Patent Report.

The following patents have been recently secured through the agency of Messrs. Marion & Marion, Patent Attorneys, Montreal and Washington; Canada—Shanker A. Bisey, London, England, Type casting machine; Ferdinand Costa, Montreal, School bag; John Harris, Sheffield, England, Mechanical ore roasting and like furnace; United States—Charles E. Breton, Le Creusot (Saone-et-Loire), France, Means for making gear cutting tools; Leon G. Hubert & Adrien C. Humbert, Edmonton, Alberta, Vehicle wheels and tires.

May Rod and Gun.

Bunnycastle Dale contributes the opening article to the May issue of Rod and Gun Magazine, published at Woodstock, Ont., by W. J. Taylor Limited. "Tales of the Trappers and Hunters of 1911-1915" is the title of the article by this well-known writer who can always be depended upon to know what he is talking about when he writes of the creatures of the wild. Frank Veigh, another well-known Canadian writer, contributes "One Eye, Bunny and the Tenderfoot: The Tail of a trail," a story that depicts some of the idiosyncracies of the sturdy little pack ponies of the Mt. Robson region. There are a dozen or so other articles of interest besides the regular departments, which are up to date and full of interest to the lover of out-of-door sports, whose equipment includes rod, gun, dog or trap.

War for Peace.

In the future, as in the past, we have our dangers and difficulties, throughout which the spirit of our troops at the front and the calm determination of the people at home to support them, will enable us to look forward to a victorious issue, which should insure peace for this and many succeeding generations.—Lord Kitchener.

Diffident.

"Of course, I don't wish to put any obstacle in the way of your getting married," a mistress said to her servant, "but I wish it were possible for you to postpone it until I get another maid."

"Well, mum," Mary Ann replied, "I hardly think I know 'im well enough to ask 'im to put it off."—Canadian Pictorial.

The Senate killed the prohibition aid bill providing penalties for brewers or distillers infringing the law in Province under prohibition.

"Say, Daisy, did yer see when I took hold of yer hand the funny look yer na gave 'me?"

"Go on, Tim, ma didn't give it to yer; you've always had it."

OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, is sound advice, because in the strength of middle life we too often forget that neglected colds, or careless treatment of slight aches and pains, simply undermine strength and bring chronic weakness for later years.

To be stronger when older, keep your blood pure and rich and active with the strength-building and blood-nourishing properties of Scott's Emulsion which is a food, a tonic and a medicine to keep your blood rich, alleviate rheumatism and avoid sickness. At any drug store.

Scott & Bowne, Toronto, Ont.



Chocolate Icing.—Add two squares of chocolate melted over hot water just after the sirup has been beaten into the egg.

Maple Icing.—Use one and one-half cups of brown sugar and one-half cup of granulated sugar in the boiled icing.

Coffee Icing.—Use one cup of weak coffee in place of the water in the boiled icing.

Marshmallow Icing.—Add twenty marshmallows cut in fourths to the sirup, being sure that it is hot enough to melt them. If not soften the marshmallows first over hot water, or soften in the oven.

Nut or Fruit Icing.—Add one cup of chopped nut meats just before spreading on the cake. Add coconut or chopped raisins. Add a raisin or fig paste made by cooking one cup of chopped raisins or figs with one tablespoonful of water and one tablespoonful of sugar.

Butter Icing.—Butter, one-third cup; confectioners' sugar, one cup; cream, two tablespoonfuls; flavoring, one teaspoonful. Cream the butter, gradually add the sifted sugar, and beat until the mixture looks like whipped cream. Add the flavoring and cream until of the right consistency to spread. Do not put on a hot cake.

Cocoa Icing.—Add two tablespoonfuls of cocoa to the sugar.

Mocha Icing.—Add two tablespoonfuls of cocoa to the sugar and two tablespoonfuls of coffee in place of the cream.

Chocolate Marshmallow Icing.—Slice marshmallows in thin slices and lay on the cake while hot. When cool spread over the chocolate icing.

Fudge Icing.—Sugar, two cups; milk, one cup; butter, one teaspoonful; chocolate, two squares; salt, one-half teaspoonful; vanilla, one teaspoonful. Combine the sugar, cut chocolate and milk and let stand over a very low flame until the sugar is dissolved and the milk melted. Then boil hard without stirring until a soft ball is formed when dropped in cold water. Remove, add the butter and let stand until cold. Beat until creamy and spread on the cake. This will burn very easily.

A QUAIN DESIGN.

With This Model in Mind Matrons Can Make One Like It.

Simple as it looks, this frock nevertheless conforms to fashion's dictates in that it masses the skirt fulness on the hips, has full sleeves and panniers. The material used is a silvery gray.



crepe de chine, with elaborate embroidery done in heavy silk of the same tone, but different weights, massed on the panniers and sleeves. The princess front is belted loosely with a heavy silk cord and tassels. This frock is exceedingly picturesque on a certain type of woman.

Boiled Salt Mackerel in Cream Sauce. Wash the fish in several waters, remove the head and part of the tail, scrape off the thin black skin and soak in cold water over night. In the morning tie the fish in a cloth, cover with fresh cold water, bring slowly to a boil, cook one-half hour, then take off the cloth, remove the backbone and lay the fish on a heated dish. Scald a cupful of milk, thicken with a teaspoonful of cornstarch wet in a little cold milk, add a teaspoonful of minced parsley, two tablespoonfuls of butter and pepper and salt to taste. Remove from the fire, add a well beaten egg, return to the fire, cook a minute longer, then pour the sauce over the fish and serve. Garnish with sprigs of parsley and slices of hard boiled eggs.

ANCIENT BAGDAD.

Something About the Allies' Objective in the Near East.

From time to time we hear about Bagdad, the principal city of Mesopotamia on the River Tigris, and which is destined to fall into the hands of the British and the Russians. Bagdad is bound to figure prominently in the war news of the next few weeks.

Turkish statistics must be received with caution, writes Mrs. Butler in her "Journeys in Persia and Kurdistan," and the population of Bagdad may not reach 120,000. "It is certainly for Turkey a busy, growing, and passably wealthy capital. It is said to have a hundred mosques, twenty-six minarets, and fifteen domes—evidences of its piety from the Mohammedan point of view."

A quotation from Mrs. Butler's book gives a bird's-eye view of the famous city. "In the daytime there is a roar or hum of business mingled with the braying of asses, squeals of belligerent horses, yells of camel-drivers and muleteers, beating of drums, shouts of beggars, hoarse, spluttering ejaculations of fakirs, carping snatches of discordant music, and in short a chorus of sounds unfamiliar to Western ears; but the nights are so still that the swirl of the Tigris as it hurries past is distinctly heard. Only the long melancholy call to prayer, or the wail of women over the dead, or the barking of dogs, breaks the silence which at sunset falls as a pale over Bagdad."

The bazaars of Bagdad are considered to be the finest in the East outside of Stamboul. They are of enormous extent and of great variety. Many are of brick, and are well built; some are of wood, and all are covered, admitting light scantily through the roofs. The trades have their separate localities, and the bazaars are crowded mostly with men, for it is only the poorer women who shop for themselves.

All the business transacted in the bazaars is a matter of bargaining, and as the Arabs shout at the top of their voices, and buyers and sellers are equally keen, the roar is tremendous.

The trade of Bagdad is not to be despised. In normal times the city imported annually from Europe goods to the value of three million dollars, and from India to the value of a million and a quarter, while the exports had a value of three million dollars.

One of the prominent articles of export is licorice root, which is sent to America and largely used in the manufacture of chewing tobacco. Gall nuts, which grow in profusion on the dwarf oaks which cover many hillsides, are exported in large quantities.

THE KELEK.

Strangest of All Boats Used in the Present War.

All kinds of ships of war and of commerce have been pressed into service in the great European conflict. There are overseas boats, on-the-water boats, and undersea boats; there are superdreadnoughts, battle cruisers, and disguised commerce raiders; there are great ocean greyhounds that yesterday were floating palaces of the ocean, carrying the wealthy and beauty of civilization on their migrations across the sea; but that to-day are grim havens of suffering, where the wail of pain and the shriek of anguish have substituted the carnival of music and the sound of mirth.

But strangest of all the kinds of floating equipment that the war has drafted into service is the kelek. Describing this strange boat, the National Geographic Society says:

"The kelek is probably one of the earliest forms of water transportation used by our ancestors in Asia. It consisted of goatskins inflated with air, tied beneath a framework of light poles. Often as many as 800 such skins are used to give the boat the desired buoyancy."

"The cargo is loaded on to the kelek just as though it were a flat-bottomed barge, after which the craft begins its journey down the Tigris or the Euphrates propelled or guided by oars. When it reaches its journey's end it is broken up and sold as skins and timber."

"The two great rivers of Mesopotamia are very crooked and very irregular in their depths. The air line's distance between Diarbekir and Bagdad is 400 miles, while the water route via the Tigris is about 1,000 miles. At many places the river is deep enough to accommodate boats of considerable draft, but at others it is so shallow that a man has difficulty in swimming. But even over shallows, where a man cannot go as a swimmer, a well-laden kelek will float without accident."

"For thousands of years this buoyant boat has helped the people of Mesopotamia to move their commerce over the shoals and shallows of two of the earth's moodiest rivers and has now come to play its most important part in the greatest war of human history."

Three Women to a Man.

The British munition factories are now employing three women to every man.

\$1,000.00 REWARD.

For information that will lead to the discovery of whereabouts of the person or persons suffering from Nervous Debility, Diseases of the Mouth and Throat, Blood Poison, Skin Diseases, Bladder Troubles, Special Ailments, and Chronic or Complicated Complaints who cannot be cured at The Ontario Medical Institute, 263-265 Yonge St., Toronto. Correspondence invited.

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packet. Young tender leaves only, grown with utmost care and with flavour as the prime object, are used to produce the famous Salada blends.

The Russians are making steady progress in their Caucasus campaign.

The whole railway situation in Canada will be the subject of a Government inquiry.

Sir George Foster announced arrangement for expansion of trade, and forecasted efforts to co-ordinate trade research.

The Federal Trade Commission of the United States has ordered a halt in the advance of coal prices.

It is reported that the United States Government is now seriously considering intervention in Mexico.

The Premier and Provincial Treasurer of Alberta arranged a \$2,000,000 loan on better terms than a year ago.



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Now is the time to buy before the prices go up. Spend your money in your home town, you can do as well and oftentimes a great deal better.

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