



## What Does Your Boy Cost a Year in Shoe Leather?

BUY "Canadian Boy" Shoes direct from the makers and save money TWO ways. First, we make stronger, sturdier shoes, using leather that will stand hard knocks every day. And then we save you the dealer's profit, selling direct to you at factory prices.

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RELIANCE SHOE CO., Ltd.  
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TORONTO, ONT.



## LACTAGOL

for  
Nursing and  
Prospective  
Mothers



My! what a hungry little man! What appetite! What a big, bright fellow you're growing to be—thanks to LACTAGOL—and the full, rich nurse it has brought mother plenty. Pity the babe who must live from the bottle. It's hard to tell what germs are breeding—how disease may threaten—when artificial feeding is adopted. Nature's way is baby's safeguard. It gives him fifteen times greater chances of robust health. LACTAGOL makes it possible for any mother to breast-feed her baby. It increases naturally the quantity and enriches the quality though weeks have passed since nurse has failed. Easy to take. One tin lasts from ten to twenty days.

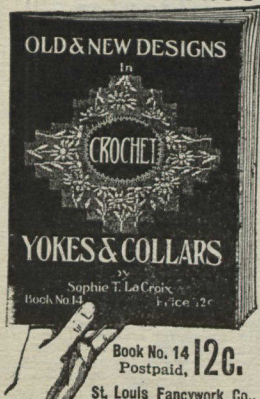
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LACTAGOL is sold by good druggists everywhere. If you cannot secure it, send the amount and it will be forwarded at once, delivery free.

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see how much time you have left for your other duties!

The same is true, though in a lesser degree, of dogs. But try to keep the dog clean and note how well you succeed! It is strange how habit blinds our eyes to danger, and how loath we are to recognize and admit it even when it is pointed out.

### Treatment and Care

THE precautions in Infantile Paralysis are much the same as in other communicable diseases. The patient should be placed in a clean, bare room, well screened to keep out flies and insects. No visitors should be allowed into the room, and but one member of the family should enter it. All discharges from mouth, nose, kidneys and bowels should be disinfected and burned or buried. Cups, spoons, and other vessels must be sterilized, and all remnants of food should be burned. Towels, bed linen, etc., should be dipped into a disinfecting solution and then boiled. The nurse must not mingle with the family, and when she can do so, she must change all her clothes, bathe, and wash her hair. The room should be well aired, the floor and mouldings wiped with a damp cloth—no dry sweeping, as dust is particularly dangerous.

### Prevention

KEEP the children clean, cool, and away from insects and animals. Keep the mouth and nose clean—remember that the virus enters through the mouth and nose. A 1 per cent. solution of hydrogen peroxide is good to use in irrigating the throat. See that all food is clean, and keep away from public drinking cups. Keep the teeth clean. Keep the children off the streets, away from picnics and all crowded places. Clean up all dirty yards, lanes and streets. Make war on flies and all other insects. Keep the dog out-of-doors and put the cat out. Clean up and burn all dust in the house. If an outbreak occur in your neighbourhood, keep the children away from school, find out if your little girl ever chews the gum that some other little girl has just taken out of her mouth. Don't be shocked—it's often done. Make the children stop putting pencils, paper, silver or copper money, pen handles or any other thing into their mouths. Stop all kissing on the mouth; and then, having done your best—don't worry.

## FARMERS' WIVES OUT OF BONDAGE

(Continued from page 23)

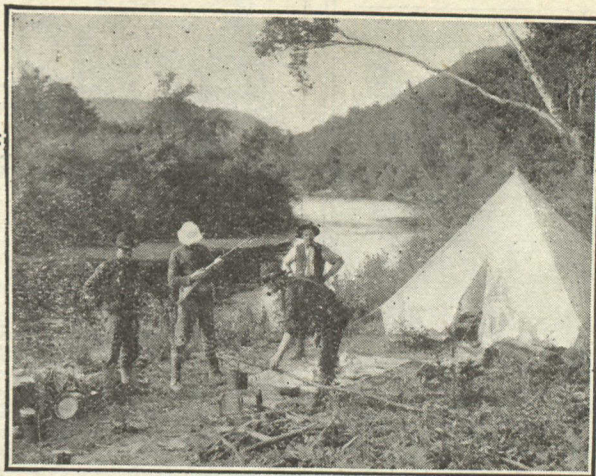
onions in the spring, and let it go at that. But the fever to dig in the dirt that attacks a town man every March and leads to his garden in the back yard is spent by the farmer trying to get his whole living out of his wheat or cornfields. He has no time or inclination for gardening. It took constant urging to get the men to plow up the garden in the spring. If I could get one of the men to work an hour or two in the garden on a spare day, or asked him to pull weeds when it was too wet to plow, he invariably pulled up the onions and left the triumphant weeds in sturdy rows. If he left the onions alone, he hoed up the young tomato plants, under the impression that they were a new and vicious enemy.

We had no papers, no magazines, no recreations of any sort. We were hung, as it were, between the jolly times of the days before us at quiltings and spelling matches, and the modern fun of our tennis-playing young people. We were at the tail end of one generation and at the formation of another, and smothered between the two.

THERE were hundreds of farmers who lived like this. They knew of nothing better for themselves. They farmed as their fathers had farmed, and because they thought they hadn't sense enough to do any other way. They spoke reverently of boys who had gone to school and left the farm for city occupations; and they could not understand why, when times began to pick up, the city capitalist saw in farm purchases and farm lands the very best possible use for his money. They were living in the valley of Immense Possibilities—and they did not know it.

They had a theory that any man could farm naturally just as any woman was supposed to be a cook and seamstress because she was a female of the species. They laughed a lot at "book farmers," and cast rude and heavy wit at "city dudes." The women all looked alike after a few years of marriage. You saw them in the country stores on Saturday afternoons, with their cheap skirts wrinkled and shrunken, their anxious faces seamed and wrinkled like an English walnut. They waited about in crushed groups for the signal from their men-folk to go home. Every few moments, as the afternoon grew late, a man would thrust his head in at the door, and his property would disintegrate herself from her group and gather her children and her bundles and start for home.

(Concluded in the October number)



# A New Route Through the Land of Re-creation

WITH the inauguration of the new service between Quebec and Winnipeg by the Canadian Government Railways, the distance between those two cities can be covered in approximately 48 hours.

The new territory covered by this railway is justly famous for two things—it is the lake country of the world, and it has the largest standing forests on the face of the globe. This route brings you into intimate touch with the wild forest life beloved by sportsmen—you get a glimpse of the primitive Indian in his virgin forest—you find unlimited game, and fish enough to satisfy even the "compleat angler." Truly an ideal region for a summer vacation.

Passing through Northern Quebec, this route takes you through the Clay Belt of Northern Ontario—the districts of Temiskaming, Algoma, Thunder Bay and Kenora. Cochrane is one of the chief divisional points on the Transcontinental and this line has made Lake Nipigon (widely known for its fishing and scenic beauty,) and the Nipigon Reserve, a country famous for moose, easy of access. From Graham a branch line connects Fort William with the main line. Between Graham and Winnipeg is Nibigami—the country of lakes. Here the scenery is superb. Numerous views of Canyon Lake stretch for miles in seemingly endless panoramas of varied beauty.

At Minaki, in the heart of this lovely country, is Minaki Inn, a new summer hotel with accommodation for 350 guests, situated in a natural park of 14 acres.

Arrangements are made for hunting parties at all points along the route, and there is fine accommodation for sportsmen.

Plan to see this land of re-creation, with its mighty rivers, beautiful lakes and virgin forests.

For correct information write for 1916 publications—"Notes-by-the-Way" (Lines Montreal and East,) "Notes-by-the-Way" (Lines Quebec and West,) "Out-of-Door" (Quebec and the Maritime Provinces,) "Abegweit" (Prince Edward Island,) "Bras d'Or Lake," "La Baie de Chaleur,"—and complete time-table of operated lines to

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