Those Who Rely on

the great home remedy which has proved its power to relieve safely and speedily the minor ailments arising from defective or irregular action of the organs of digestion, find themselves spared hours of suffering and able to ward off the attacks of serious sicknesss.

BEECHAM'S PILLS

never disappoint those who take them. They help the digestion, stimulate the liver, clear the kidneys and regulate the bowels. By purifying the blood they increase cheerfulness and create confidence. As actions depend on health and strength, those who know Beecham's Pills

Enjoy Life

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

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You'll Like the Flavor

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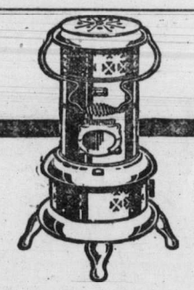

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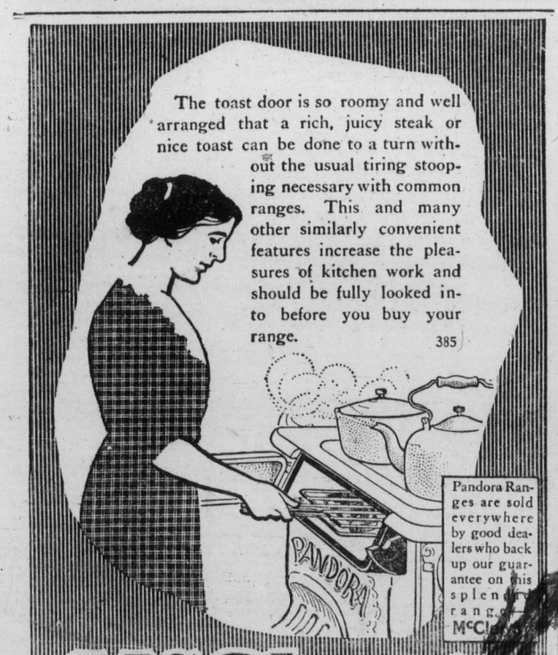
The toast door is so roomy and well arranged that a rich, juicy steak or nice toast can be done to a turn without the usual tiring stooping necessary with common ranges. This and many other similarly convenient features increase the pleasures of kitchen work and should be fully looked into before you buy your range. 385



Pandora Ranges are sold everywhere by good dealers who back up our guarantee on this splendid range. McC

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DISCONTENT OF FARMERS' WIVES

Student of Domestic Psychology Finds Force Behind Desertion of Rural Homes.

(From the Boston Transcript.)

Every recurring census report bears convincing and even sensational testimony to the drift of population from the soil to the busy and crowded haunts of men, and unless some means of checking the movement can be found we shall in time become a nation of consumers instead of producers. It is this that accounts in no small degree for the high cost of living. Why should not meats and fruits and vegetables be high when there is a constant thinning of the ranks of those engaged in our fundamental industry?

It is easy to understand the cry, "Back to the land!" There is a general feeling that in the waiting and too much neglected soil there are opportunities to be improved and responsibilities to be assumed, but that is something that we usually recommend to our neighbors instead of making the venture ourselves. We realize the problem, but few of us are willing to take the risk or make the sacrifice involved in its solution.

Many minds are at work upon the task of making the agricultural industry more attractive to farmers and to farmers' families, and many are hoping that a reaction will soon set in. In order to know how to bring it about it is necessary to understand what has caused the wide departure from conditions once regarded as normal. Herbert Quick, a student of domestic psychology, in the current number of Good Housekeeping finds the force most active behind the desertion of the rural home to be not the discontent of the farmer, but of the farmer's wife, and in these ways very likely the farmer's daughter. He does not hold the woman responsible, for if he does not applaud her attitude he regards it as natural and inevitable under conditions that have too long prevailed.

The farmer's wife is more deserving of sympathy today than she was fifty years ago. In fact, in those days she was a person to be envied and not a candidate for sympathy at all. She was not worried about her sphere. The details of housekeeping were regarded as accomplishments. She could obtain help for her duties, for the immigrant girls of that period did not scorn the farm—they liked it, but that is true no longer. There was joy in service. The housewife was not conscious of her drudgery. To-day she is painfully so, and the tax on mind and nerves and spirit is constant, depressing and exhaustive. One reason for this, says Mr. Quick, is that there has not been the same advance in the means of lightening her burdens that have become available for her husband. Mechanical devices and new forms of power have to a large extent taken the place of muscular force. Farm work is at once more interesting, more easy and more productive, but only to a limited extent has the woman of the house been thus considered.

This is not entirely due to the lack of invention in her behalf. The farmer himself is not held blameless. He wishes his farm equipment so complete that his appropriation is exhausted before he gets to the domestic branch of his establishment. But, says his critic, the farmer who can afford to provide himself with a gas engine to cut his wood and thresh his grain can afford running water, hot and cold, in his house. If he can afford an automobile he can afford a bathroom. If he can afford a complete harvester he can afford electricity to light his house, do the laundry work, run a vacuum cleaner and perhaps cook his meals.

All these things would be factors of larger content, no doubt. But even these would not satisfy the aspirations and social longings of the new woman, for even on the farm she is to be found. Rural communities are not what they once were. They are more mixed and even more polyglot. They are assemblages rather than communities, for those who constitute them to a large degree lack common interests and common points of view. It is a serious problem which we fear even labor saving machinery will not entirely solve.

LABOR STATISTICS.

Strikes and Lockouts in September Showed a Decrease.

Ottawa, Oct. 17.—According to the record maintained in the Department of Labor, here was continued improvement in September. There was a still further decrease in the number of strikes and lockouts in existence, and a favorable record is shown when a comparison is made with the same month of last year. There were altogether eleven trade disputes in existence throughout the country, as compared with eighteen last month and twenty-one during September, 1912. Only two of these occurred during September. Of those that were in existence before that time, the only one of importance as affecting industrial conditions to any great extent was that of the coal miners on Vancouver Island, which remained unsettled at the end of the month, although there were not so many men out of work as a result of it as before. Upwards of 78,000 working days were lost through strikes during September, as compared with a loss of 109,530 during the preceding month.

INFLUENCE OF BIBLE.

Toronto, Oct. 17—At the concluding session of the Presbyterian Synod of Toronto and Kingston yesterday, Rev. Dr. J. Ferguson, a missionary from Formosa, speaking on foreign missions, referred to the influence the Bible had on the girls and young ladies there, and stated that time after time he had seen young men's proposals blankly refused because they had neglected to study the Bible. This, he stated, was having a splendid effect on the young men.

The one objection to music is the fact that it affords an excuse to so many people who like any kind of a noise so long as they are making it themselves.

Britain Desires to Live in Peace With Whole World

No Sane Man Desires to See Bounds of Empire Further Increased, Says Hon. Mr. Samuel, British Postmaster General—Canada Should Take Action to Fulfil Her Boast More Fully.

Montreal, Oct. 17.—In continuation of his address to the members of the Canadian Club of Montreal, at the luncheon given by them in his honor at the Windsor Hotel, Friday afternoon, the Right Hon. Herbert Samuel, the British Postmaster General, dealt with the question of armaments. He said:

"I think I can assert with absolute truth that the declared and unchangeable policy of the Imperial Government is to endeavor to live on terms of peace and amity with all the nations of the world. Our Empire is vast enough, imposes responsibilities heavy enough, to prevent any sane man from desiring to enlarge its bounds by a policy of aggression.

War Never Good For Its Own Sake.

"There are some who have written and spoken as though war might be good for its own sake—because it evokes heroism and bravery and brings out all the energies of a nation. War can never be good for its own sake. (Applause). When Lord John Russell was a very young man he went travelling to Europe and went to the island of Elba at the moment when Napoleon was confined there. He had the opportunity of a conversation with him, and in the course of it Napoleon said to him this cynical thing—'War is a grand game—a fine occupation.' No utterance more profoundly immoral has fallen from the lips of a great man. (Applause). True it is that war evokes noble qualities and brings out heroism, but we do not wreck ships in order that the lifeboat men may show their courage; we do not burn our houses in order that the firemen may display their bravery; and there can be no intellectual justification for war.

Reign of Peace Not Yet.

"But though we may work for the reign of permanent peace we cannot act as though that reign of permanent peace has already arrived and is secured. There is still risk of war. It was a true saying of our great novelist, George Meredith, that England cannot invest in the millenium, and be ruined if it delays to come." It is true that the health, intelligence, prosperity of a people are more important than vastness of fleets and armaments, yet we cannot treat fleets and armies as if they were of no account and unnecessary.

"We who are charged with the heavy responsibilities of Imperial Government—sincere lovers of peace as we are, eager as I say to live on good terms with every nation under the sun—yet feel that we should be doing less than our duty if we did not provide against possible risks, and maintain at whatever point is needed, and adequate for their purpose, the defences that are necessary for the Empire as a whole.

Enormous Increases in Armaments.

"When the present administration came into office in England we found the expenditure on naval armaments, in 1905, reached the colossal total of £33,000,000. We were pledged to a policy of economy so far as it could be possibly adopted, and in 1906 we reduced the naval estimates to £31,000,000, hoping that we would find a response in the reduction of the naval estimates of other countries. The following year, in 1907 we kept the naval estimates still down to £31,000,000, still hoping that it might be possible to arrive at some agreement and understanding on a commonsense basis among the great naval powers of the world to put a stop to the mad race on naval expenditure. In 1908 finding those hopes so far disappointed there was a small increase to £32,000,000—in fact the three first years of the period of the present government the naval estimates were lower than they had been before Sir. Campbell Bannerman and afterwards, Mr. Asquith came into power. But, so far from there being any response to these efforts on our part, we found that the naval expenditure of the Empire of Germany was being increased with extreme rapidity, and and it was found essential, for the security of our commerce and our Empire with much reluctance, to change the policy previously adopted. In 1909 the the estimates went up to £35,000,000, in 1910 to £40,000,000; in 1911, to £42,000,000, and 1912 to £46,000,0000. (Applause). An increase forced on us of £15,000,000 in six years—our naval estimates are 50 per cent. higher than they were six years ago. Then they amounted to 14s. per head of the population per annum; now we have an expenditure of £46,000,000 among our population of 46,000,000 of people, or an expenditure of £1 per head of the population. I draw no conclusions and say nothing as to Canadian policy, that is for you to decide. Canada, with her population of 8,000,000 of people now has a naval expenditure, so I am informed, of $2,000,000, about a quarter of a dollar per head of the population.

What Canada Should Do.

"I do not propose to say a word as to how, or what, or to what extent, Canada should assist in the naval defences of the Empire, for that is a matter which is a subject of acute party controversy in this country, and nothing would induce me as a member of the Home Government to say one word which would be construed as expressing approval or disapproval of the policy of either of your Canadian parties. But I am happy to think from the declarations of their leaders that both at all events are at one in this—that by some means, at some time, and to some extent, Canada should take action, in order that you may fulfil more fully than hitherto the boast which finds expression in the refrain of your national song, 'O Canada, O Canada, we stand on guard for thee.'" (Cheers).

In conclusion Mr. Samuel expressed his heartfelt thanks to the Government and to all those whom he had met in Canada for their unbounded hospitality and kindness, and said he would carry away unforgettable memories of his visit. He would do his utmost to persuade his colleagues "to visit that and the other great dominions, in order that they might learn more of the problems, the aspirations and ideals of the Canadian people, whose views must bulk more and more largely as years go on in determining the policy of the Empire as a whole.

"If I may venture to utter to you these last words of the expression of my hopes of Canada," he concluded, "it will be to urge you to cherish always anad in equal degree both your Canadian patriotism and your Imperial loyalty. (Cheers). The one need never be inconsistent with the other, and both together will work for the well-being of the world. (Loud applause).

MANY NEW ACRES FOR OLD ENGLAND

British Government Has Plan to Reclaim 3,000,000 Acres Barren Lands.

London, Oct 17.—An effort of a new and scientific sort is about to be made by the British Government to reclaim some of the many barren acres of Norfolk and other counties.

In the neighborhood of Methwold, where "rabbit land" abounds and braken, a few firs and pines, and some heather are the principal crops a considerable acreage is at once to be taken in hand, ploughed up, and the barren sand treated with clay and fertilizing substances.

Worked somewhat as the model of some German and Danish experiments, which have been singularly successful, it is confidently believed that these sandy acres may become fit even for intensive cultivation if the experiments succeed, the policy will be extended, and England may ultimately receive an addition of as many as 3,000,000 acres now more or less desolate. The extreme scientific and practical ability of the man from whom the idea proceeds gives the scheme good hope of fulfilment.

Not the least interesting part of the scheme is the experiment within the experiment. One of the specialists in tobacco culture under the Development Commissioners is going to take over a small portion of the reclaimable land and plant it at once with tobacco. He is confident that he can thus make this "rabbit land" pay a good profit at once and at the same time assist in establishing the permanent fertility of the land. He believes, indeed, that this is the particular function of the tobacco plant, to bring barren soils into fertility without an interim loss of money. It has been so used with success in America.

DESTROYERS MAY BE BUILT IN B. C.

Yarrow Firm Contemplates Erection of Naval Construction Works There.

London, Oct. 17.—Sir Richard McBride was given a cordial farewell when he left London this morning with his private secretary to embark on board the Olympic. His English friends included Mr. T. P. O'Connor, M. P., the Hon. J. H. Turner and his son.

Mr. Yarrow, the well known constructor of torpedo destroyers and other smaller craft, is also sailing on the Olympic. He is contemplating the erection of works at Esquimault or Victoria, and perhaps also in the Maritime Provinces. Feeling here is confident in the early fulfilment of Premier Borden's naval policy, which will include Canadian construction of this character.

AN EMPIRE QUESTION.

Co-operation of Dominions Necessary to Keep the Flag Flying.

London, Oct. 17.—An article in the Quarterly Review entitled "The Whole World's Needs of Navies," urges attention to the progress of the navies of the world, and the expansion of the British navy during the past fifty years, which has created new conditions.

The author contests the opinion that strategic requirements and naval needs can be estimated only by reference to the accumulation of rival armaments in a single sea, to the neglect of the necessary representation in other oceans. It is contended that from whatever angle Imperial naval defence is regarded, it demands the consideration not only of the interests of the United Kingdom but the peoples of the Empire. While the Board of Admiralty has admitted to the British peoples that there is need its contingent of keenness must be interpreted not in official terms, but in the terms of the average man in Ottawa, Melbourne, Sydney, Capetown and Pretoria, and only with the cooperation of the dominions can it be hoped to replant the British flag over the outer seas.

If you would be popular, be both charitable and stingy—charitable with applause and stingy with advice.

KILLED HIS FRIEND AFTER A CAROUSE

Probationary Policeman Went to His Old Haunts to Receive Congratulations.

New York, Oct. 17.—Following the disclosure that the man he is accused of killing was a lifelong friend who had been in his company earlier in the evening, James F. Lally, a youthful probationary policeman attached to the West Sixty-eighth street station, was yesterday remanded to the Tombs without bail, pending a further examination tomorrow.

Lally was arrested early in the morning after John J. Deighen, of No. 225 East Forty-third street, was found on the up-town station of the Second avenue elevated line at Forty-second street with a bullet wound in his right lung. He died in Flower Hospital. The first story told by the policeman was that he had shot Deighen in self defence while trying to put down a disturbance on an elevated train. Later he said he had been attacked by Deighen and three of his friends, and that he had used his revolver after one of his assailants had fired a shot at him.

The new explanation of the trouble is that some of Lally's friends made disparaging remarks about his uniform and that the quarrel that followed resulted in the shooting.

Dr. Ernest V. Hubbard, the police surgeon who examined Lally in the East Fifty-first street station at the request of J. W. Donnelly, desk lieutenant, declared Lally to be "under the influence of an intoxicant," and a memorandum to that effect was entered on the blotter.

Lieutenant Donnelly at the same time found that the revolver with which one of the men was supposed to have fired on Lally and which was found on the station platform had the appearance of not having been discharged. One chamber was empty, but this did not contain a shell.

It also was learned that for several hours before the shooting Lally had been calling on friends in Thirty-ninth street east of Second avenue. The policeman formerly lived at No. 324 East Thirty-ninth street, almost directly across the street from No. 237, Deighen's one-time home, the two having gone to school together. The policeman's reason for the call was, it was supposed, to receive the congratulations of his friends on his appointment as a policeman, and he were his uniform.

One of the men whom Lally met, it is said, was Deighen, but what happened between them prior to the shooting is not known. Deighen went home before midnight, but went out again almost immediately, telling his sister he was not going far. A few minutes after James Gaffney, ticket agent at the station of the Second avenue elevated at Forty-second street, saw Lally pass through to the platform.

"He was followed by three men, one of whom approached the policeman and began to talk to him," Mr. Gaffney said to a Herald reporter.

"I do not know what was said, but in a little while the three men went down stairs and then came back with a fourth. Then two of the men went up to the policeman and began to talk to him, while the others stood at the end of the protection rail.

"I did not hear any argument, but about a minute before the train due at 12.13 reached the station there was a shot. I did not see the policeman again, but the man who was shot staggered around toward the exit and finally fell down."

Another employe of the railroad declared that after shooting Deighen the policeman jumped from the platform to the rails, and after making his way across to the station opposite ran down the stairs to the street, where he was arrested by Policeman Kranck.

A NEW SETTLER.

The publicity campaign being carried on by the Dominion and Provincial Immigration Departments in the Old Country continues to bring settlers to New Brunswick.

As the result of reading a letter on New Brunswick and its opportunities in Canada, the well known English publication, Dr. W. E. Plummer, a member of the Royal College of Surgeons of England and the Royal College of Physicians of London, and his wife and two children have come to New Brunswick, and will reside at Oromocto, where Dr. Plummer has taken over the practice of Dr. Peake, who is removing to Winnipeg.

Dr. Plummer spent some years in China, where he was in charge of a large hospital at Wen Chow, south of Wing Pow. The letter which he read in Canada was written by Mr. A. C. Brander, of Burton, who was attracted to New Brunswick through the efforts of the New Brunswick Immigration Department.

Neave's Food
FOR INFANTS

What a Mother who has raised two fine boys on it says.

133 Boultbee Ave.,
Toronto, 29 March, 1913.

In addition to our two sturdy boys, we have a dear little baby girl aged 6 months. Her name is Eva Muriel, and of course we are bringing her up entirely on **Neave's Food**, as we believe that to be the very best food in the world for babies. She is getting along fine and is strong and healthy, and so bright and contented. She has been fed on Neave's Food since she was **two days old** and it suits her admirably, as I am sure it would suit every other child if it was properly made. That little "Jack" I spoke of is such a sturdy little boy now. Neave's Food certainly saved his life." Mrs. J. W. PATEMAN.

Mothers and prospective mothers may obtain a **free** tin of Neave's Food and a valuable book "Hints About Baby" by writing Edwin Utley, 14 Front Street East, Toronto, Agent for Canada, and mentioning this paper. Neave's Food is sold in 1 lb. tins by all Druggists in Canada. 47

News to Most Women!

Oven-tested flour is for sale. Instead of buying ordinary flour you can buy flour whose baking ability has been proven in an oven:

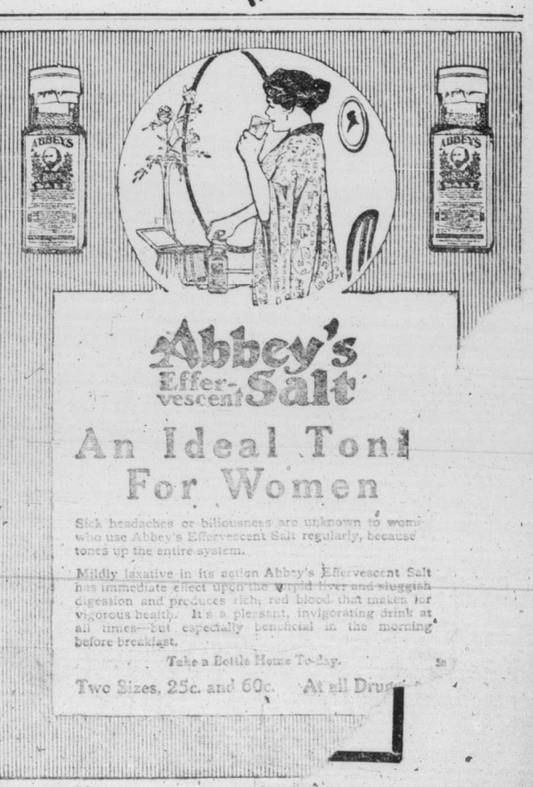
A ten pound sample is taken from each shipment of wheat at the mill. This is ground into flour. The flour is baked into bread.

If this flour bakes into bread high in quality and large in quantity we keep the whole shipment of wheat and grind it. Otherwise we sell it.

More bread and better bread from this flour is a certainty!

PURITY

"More Bread and Better Bread" and "Better Pastry Too" 528



Abbey's Effer-vescent Salt

An Ideal Tonic For Women

Sick headaches or biliousness are unknown to women who use Abbey's Effervescent Salt regularly, because tones up the entire system.

Mildly laxative in its action Abbey's Effervescent Salt has immediate effect upon the torpid liver and sluggish digestion and produces rich, red blood that makes for vigorous health. It's a pleasant, invigorating drink at all times—but especially beneficial in the morning before breakfast.

Take a Bottle Home To-day. 50

Two Sizes, 25c. and 60c. At all Drug