Ripe Cherries

Lantic

make delicious and

economical preserves

Order LANTIC SUGAR by

name in original packages

10 and 20-lb bags

100-lb bags

PRESERVING LABELS FREE—Send red ball trade-mark for book of 54 printed gummed labels to

Atlantic Sugar Refineries Ltd.

SOCIAL LIONS.

Bit of History Showing How the

Term Came Into Use.

When you refer to a popular man in so tety as a "social llon" did you know that you are drawing on a bit of very remote history for the expression? The lion is anything but a social beast, and

the figurative use of his name to desig-

nate a popular person came down to us in a most curious and roundabout way.

When Henry III, came to the throne of England, in 1216, there was a curious dispute as to the significance of the figures entering into the armorial

the figures entering into the armorial bearings of Great Britain. There were three animals, "passant gardant," and they were spoken of as leopards. As a matter of fact, they were supposed to be lions. It was argued that there had been three leopards in the Tower of London in the reign of William the Conqueror and that these had given the motif for the emblem. Or it might have been that the Norman convessor.

the motif for the emblem. Or it might have been that the Norman oppressorkept three leopards as a concession to the Saxons he had subjugated.

Whatever the facts may be, Henry was satisfied that the conventionalized animals on seals, banners and coins were teally lions, and in order to impress the fact he had three live and unmistakable "monarchs of the desert" brought to London and placed in the Tower. It at order became the fashion

heaven knows, she'll quit the habit mighty quick."

Could Not Control It.

Husband-Do you see Dashaway wer there? Wife-Yes. Husband-He

has named his automobile after his

wife. Wife—How funny! Husband—Funny! Not at all. When he got it he found he could not control it.

Active at Seventy

eoncentrated nourish-ment creates permanent body-power, and because

it is devoid of drugs or stimulants.

A Reliable Agent

WANTED

In every good town and district in Ontario, where we are not repre-

Perritory reserved for the right man.
Highest commissions paid.
Attractive advertising matter.

Splendid List of New Specialties for Season, 1916-1917
including the new Everbearing
Raspberry, St. Regis.

STONE & WELLINGTON

The Fonthill Nurseries

(Established 1837.)

TORONTO, . ONTARIO

health to SCOTT'S EMULSION because its

HOME CIRCLE COLUMN

Pleasant Evening Reveries dedicated to tired Mothers as they Join the Home Circle at Evening Tide.

Let us teach our children to earn what they get—to give useful service in such measure as in their tender years they may give without hardship. By which is meant not odious child labor—binding children down to steady work—but the little errands—the little helpful things, aside from the usually duties of home life—the useful, although not irksome, dead that hows and girls may do, with life—the useful, although not irksome, deeds that boys and girls may do, without detriment to their health and without crowding the time that rightfully belongs to them for play. For these things let them be reasonly compensated, so that they early may learn the value of earing their own way—of being self-supporting, when they advance in wars.

self-supporting, when they advance in years.

It requires tact and good judgment to separate little kindnesses and little thoughtfulnesses on the part of children those acts for which they should not be paid but which they should be taught to do as a second nature habit, from the unusual service for which parents or outsiders [properly may remunerate the little ones. The cardinal purpose should be to let children grow naturally and logically into the habit of being self-reliant, of having a worthy pride in sustaining themselves, as they come to maturity. If all children had instilled into them habits of industry and were imbued with the pride that should disdain to accept charity so long as it can be avoided—the pride that impels men and women to do the best they can even though adversity may impose disagreeable conditions upon them—but who insist upon earning their own way—if there were more of this pride there.

A CENTURY OF BIBLES

Beginning on the 6th of last May, the American Bible Society will celebrate its hundredth anniversary. This society was founded May 6, 1816, for the purpose circulating the Bible, without note or comment, in all lands. The success with which this enterprise has met is shown by the fact that during the century of its existence more than 117,000. tury of its existence more than 117,000,-000 copies of the scriptures have been distributed in one hundred and sixty-five languages. The society has always sold Bibles at cost of printing and given them to those who are too poor to buy. There is perhaps no single institution in the country that has had a greater

Canadian patents recently obtained through the agency of Messrs. Marion & Marion, Patent Attorneys, Montreal and Washington: G. S. Higginson & W. R. de la Cour Beamish, London, Eng., and Edinburgh, Scotland, Apparatus for supplying material to burners and furnaces; Jacobus J. W. H. van der Toorn, The Hague, Holland, Plastic compositions; E. F. Cote & P. R. Pierron, Lyon (Rhone), France, Electric

No Whiskey Orders by Phone

The Licence Board has distributed to all dentists, physicians, druggists and veterinary surgeons in the province of Ontario a blue book, which will govern their conduct in the matter of requisitions for liquor. Hitherto a doctor could phone up a drug store and tell the extendant to give a patient a certain attendant to give a patient a certain amount of liquor. Sometimes the drug-gist was deceived by this method, and the License Board is bound that such practices must cease. The blue book contains a form which must be filled out and signed by the physican and signed by the person to whom the liquor is delivered saying plainly how much liquor is required and what the disease is. Only six ounces may be presented for is required and what the disease is.
Only six ounces may be presented for
internal use, but a pint may be obtained
if the patient is to be bathed. The prescription may be filled only ones and
must be filed for purpose of record.
The blue book also contains sections of the Ontario Temperance Act for the convenience of the physicians and the druggists of the province, defining their powers and duties and the penalties for infractions of the law.

"When's this bloomin' war goin' to finish?" asked one North-country lad in a British regiment.
"Dunno," replied one of the South-shires. "We've planted some daffodils in front of our trench."
"Giddy optimists!" snorted the man from the North, "we've planted acorns."

Children Cry FOR FLETCHER'S CASTORIA

influence in the spread of religion dur-Let us teach our children to earn what hey get—to give useful service in such peasure as in their tender years they

> A better way to show friendship for A better way to show friendship for the birds than even setting up bird houses is to put a bell on the family cat. As birds acquire confidence and grow more tame in the presence of mankind they become easy victims of prowling

Doctor Frank Crane says: "I believe more firmly every year of my life that a man's happiness depends upon what is inside of him and not what is around him." And yet the Doctor is a prohibi-tionist

If there is ever a time when silence is golden, it is when a man is mad.

Smiles should be a part of ourselves every day of the week. Do you know we esteem those persons our best friends who greet us with a smile and a kind word. A community composed of in-dividuals who look always on the bright side of everything would, in our opinion, be an ideal community. What we need in this life is sunshine, and a great deal of it.

LIFE'S JOURNEY.

be avoided—the pride that impels men and women to do the best they can even though adversity may impose disagreeable conditions upon them—but who insist upon earning their own way—if there were more of this pride there would be fewer chronic idlers.

But applicient unto the keen desire for work should be the opportunity to get work. It is undeniable that many a deserving man, industrious by nature, too proud to accept charity so long as he can avoid it, is compelled to be the recipient of aid because he cannot secure work assuring a livelihood. Every man should want to work. And there should be work for every man who wants it. escape from the one or the other in the life journey. Which will you have wealth or poverty, comfort or squalor? Decide in the dew of the morning.

At high noon stand out a man on the peak of endeavor wearing your own crown.

1. . . crown. The noisiest political farmer has the tallest weeds in his cornfield and the fewest potatoes in his hills.

* * * Someone has truthfully said that no thing but a mint can make money with out advertising. It might be added that the mint couldn't do it if it didn't put its competitors in jail.

German Submarine Merchant Vessel

The statement made some time age that the Germans were building number of submarine merchant vessels for the purpose of opening up communication with America turns out to have been well founded. One of this new type of merchant craft arrived in Baltimore last week after a voyage of fifteen days from her German home port. Owing to the fact that the vessel had to compositions; E. F. Cote & P. R. Pierron, Lyon (Rhone), France, Electric furnace; Louis M. V. H. Baradue-Muller, Paris, France, Treatment of melted metals, alloys and steels; Victor Berthiaume, Three Rivers, Que., Shoes sole; Philias Cantin, Somersworth, N.H., Automatic train pipe coupling; Henry J. Daniels, Brisbane, Australia Machine for harvesting potatoes and like root crops; John L. Hobson, Grenfell, Sask., Machine for spreading straw or ther material; Joseph I. Le Bel, Outremont, Que., Combined writing instrument and cigar lighter; Charles E. Pettigrew, River du Loup, Que., Torpedo guard for vessels. the German mercantile service, and a cargo of 1,000 tons, chiefly composed of valuable dyestuffs. Her return cargo will consist of crude rubber and nickel. The captain of the vessel carried an autograph letter from the Kaler to President Wilson.

As the vessel carries no torpedoes, and only a couple of three-inch guns, similar to those carried by Allied merchant vessels, she will be given the privilege of ordinary merchant vessels.

privilege of ordinary merchant vessels in American ports. The Germans say this is the first of a number of merchant submarines to be put in service, and that in a few weeks regular trips will be made between American ports and Germany.

Losing sleep over the difficulties of your neighbors might come under the head of inordinate curiosity.

Pte. John Campbell of the 204th Battalion died at Camp Borden from heat stroke, following the big parade, and there were thirty-five heat prostrations through the day.

The new Swiss war loan of 100,000,000 francs at 4 1-2 per cent., issued at 97, has been oversubscribed by 51,000,000 francs. Since the beginning of the war the Swiss national debt has risen from average of 28 francs per capital to 150 francs.

The Dominion Government states that the German merchant submarine Deutschland cannot carry back nickel refined in the United States from Canadian mines, and that the British Govern ment is satisfied that the precaution taken are sufficient.

Children Cry FOR FLETCHER'S CASTORIA

NEW LINES.

A Spring Frock of Beauty For Debutantes This Season.

Apple blossom pink, a taffeta com-bined with georgette crape, gives this charming silhouette. The silk achieves



which is used for the bobbed tunic girdled by tiny spring flowers pieced out across the back with pink gauze ribbon. The edges are taffeta piped.

YOUR FLOWER BEDS.

How to Set Plants So That They Will Thrive and Bloom

Where beds are to be filled with a single plant they should be planted in even rows an equal distance apart and the plants alternated in the rows, which will give each plant considerably more room and light. It is well to have these lines laid out and the places for the plants marked before any plants are lifted from the hotbed, in order that the planting may go forward as rapidly and smoothly as possible. A board with chalk marks on the edge will accomplish this admirably for small beds, or a cord with bits of white cloth tied at intervals, or chalk marks even will be useful in long beds or

In planting make a hole in the earth with the trowel large enough to hold the root of the plant in a natural position and place the plant therein, drawing up the earth about the roots and pressing it snugly down; pour in suffi-cient water to fill the hole, and when it has partially soaked away draw up

the remaining earth and press firmly.

Make a fine dust mulch about the plant by working the soil lightly with the trowel, and if any damp places show after the plant has been set a few moments go over the soil again or add dry earth from another part of the add dry earth from another part of the bed if necessary. The planting may be hastened by making a row of holes across the beds before beginning to set the plants, then placing the plants in each before applying water, but drawing up part of the earth; the water is then placed in all the holes, and by the time the last is filled the first has soaked away sufficiently to allow of filling up and finishing; this saves an appreciable amount of time when there

is a large amount of planting to do.

No shade or covering of any kind will be needed if the planting has been well and thoroughly done, nor is it necessary or advisable to wait for signs of rain before planting, though planting at the edge of a spell of rainy weather has doubtless advantages. But planting before a summer shower is to be avoided, as this is usually followed by hot weather, and under the influence of a hot sun the moisture in the soil evaporates rapidly, and the soil must be constantly cultivated to retain what water it contains. eded if the planting has been well

be constantly cultivated to retain what water it contains.

After the planting is completed go over the beds carefully and where any moisture has drawn to the surface restore the dry mulch by cultivation or by adding dry soil from some other place. If the planting has been well done the plants will not need watering for several days, indeed are far better off without it. If the weather is unusually dry as soon as the plants begin usually dry as soon as the plants begin to grow or show that they are becom-ing established by the way they settle themselves in the ground and turn to-ward the light water may be given in sufficient quantity to thoroughly soak the ground and the following day the soil worked over with rake or trowel to restore the dust mulch. This is better than repeated waterings.

How to Make a Dress Bag.

Make a bag of any kind of material desired (a pretty flowered cretonne is suitable), the length of the garment to be covered with the back piece a little longer than the front, so it can be brought up and fastened to the front side with buttons and button holes or "snaps."

Draw up the front to fit around the hanger, thus entirely inclosing the gar-

hanger, thus entirely inclosing the gar-ment. In the interior of the bag make two or three small pockets, fill with sachet, camphor or some other protec-tion against moths if garment is not in use.

SUMMARY OF NEWS.

Mrs. Joseph Chamberlain is engaged to be married a second time.

A German submarine shelled an Eng-lish seaport and killed a woman. The Hungarians estimate their

Fred Wright, G.T.R. operator at Caledonia, was drowned while bathing in the Grand River.

The death of Mr. John McDonald, of

The resolutions passed at the Paris Economic Conference have been approv-ed by Great Britain.

The Earl of Crawford succeeded the Earl of Selborne as President of the Board of Agriculture. Hydro-electric power may be used in a prospective method of refining Ontario nickel in this Province.

A report submitted to the Provincial Resources Committee shows shortage of labor in munition plants in Toronto.

Major E. J. Watt, commanding officer 240th Lanark and Renfrew Battalion, has been gazetted a lieutenant-colonel. The Dominion Railway Commission has agreed to an increase in freight rates, according to specific commodies affected.

Sir Wilfred Laurier plans to address a number of patriotic meetings in On-tario in August, and in Quebec in Sep-

The consumption of cigarettes in Canada has increased during the war, reaching in the past fiscal year a total of 1,168,097,845.

Capt. Holom of Copenhagen was in Toronto making arrangement for the purchase of five lake freighters for trans-

atlantic service The Arnprior Board of Education has declined to renew its engagement with M. T. Graham, the principal, and a new

ne is advertised for

Five thousand of the Kaiser's famous Prussian Guardsmen have been killed in the fighting round Contalmaison, east of Albert, says a Paris despatch. This year 182 teachers of public, sepa

rate and high schools are taking the summer course at the Ontario Agricult-ual College, as compared with 105 last Sausages decorated with dves in order

Sausages decorated with dyes in order to give them a supposedly tempting appearance have been discovered by in-land revenue inspectors in thirteen out of 141 samples collected throughout the

The tallest man in the world as he is described, died recently in New York. He was an Italian by birth, 47 years old and was 8 feet 4 inches tall. His weight was 536 pounds. He was employed by

THE SUN LIFE Is Canada's Leading Assurance Company

And if not already a Policy Holder it vill pay you to interview the Loca

W. M. ALLEN

Total assurance in force 1915-\$257,404,160.00

Tower. It at once became the fashion to visit the lions. When guests from out of the city were being entertained the great treat was that of a visit to the "lions of the Tower." After the sight had become commonplace and the meaning of the number had been Assets..... \$74,326,423.00 JOHN R. & W. L. REID

the meaning of the animals had been lost to sight the phrase remained. The "lion" was a statesman, actor or some other celebrity who held popular favor. Managers Eastern Ontario, Sun Life Building Squelching the Grouch.
"Samanthy, why don't you stop Mary
Anne from giggling?"
"Oh, let her giggle while she can.
She'll marry some day if she lives, and,

MOST SEVERE

Dreadful Pains All The Time Until He Took "FRUIT-A-TIVES".



MR. LAMPSON
Verona, Ont., Nov. 11th., 1915.
"I suffered for a number of years with Rheumalism and severe Pains in Side and Back, from strains and heavy.

When I had given up hope of ever being well again, a friend recommended "Fruit-a-tives" to me and after using the first box I fell so much better that I continued to take them, and now I am enjoying the best of heath, thanks

to your remedy' W. M. LAMPSON. If you—who are reading this—have any Kidney or Bladder Trouble, or suffer with Rheumatism or Pain In The Back or Stomach Trouble—give "Fruit-a-tives" a fair trial. This wonderful fruit

medicine will do you a world of good, as it cures when everything else fails. 50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited,

PIANO TUNING.

THE PIANO is a valuable instrument but unfortunately very sensitive to climatic conditions, hence the necessity of keeping it in tune. Do not let your Piano detoriate for lack of tuning Orders left at Neilson's Jewelry Store, or mailed direct will receive prompt ttention

H. A. HARFORD.

55 Spruce St., Ottawa

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All Old Established Companies.

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Just received a Car of CHOICE SEED CORN

COMPTON EARLY NORTH DAKOTA

EARLY BAILEY RED COB®

WHITE CAP YELLOW DENT MAMMOTH S. SWEET WISCONSIN NO. 7 CANADA YELLOW

This is all Choice Seed. Prices right.

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