

THE CHAMOIS

is possibly the most sure-footed of all animals, and it is famed for its remarkable agility.

SUNLIGHT SOAP

is the sure friend of every careful housewife and it is famed all over the world for the remarkable ease with which it dispels dirt from the clothes in the wash. The Chamois is to be found only on the loftiest mountain ridges, but SUNLIGHT SOAP is found in all parts of the civilized world.



THE THOUGHTS OF THEOBALD.

FOODS.

Nowadays we learn more why we do certain things, and why things happen. Every schoolboy can tell you all about the sun, the moon and the earth, but not so very long ago men were content to know no more than at certain hours in the morning a ball of heat rose in the east and stayed with them many hours, and supplied them with light. And so it is in the matter of food. In the old days men did not find out the foods with the most calories in them, nor were they particular as to what foods they mixed as long as they agreed with them. Appetite taught them what they needed and they ate without further question.

These were the days of good, solid, plain food and no one ever knew that he had a stomach!

But now we have such an array of fancy dishes with all sorts of formidable names, that our digestive organs are hard pressed to find the time and opportunity to attend to them all, the result being weak, delicate stomachs and general internal disorder.

And doubtless these disorders are responsible for the Health Cultures and all the investigation into the component parts of foods, lectures on which have been given recently in the city. There are a lot of people to whom such lectures do not mean much. They find it difficult to obtain even the nourishing food that they like without going after strange foods that they know nothing of. It is useless to advise them to eat this, and not to eat that, for they cannot afford to get what they are advised to eat. And as the man-on-the-street said to me yesterday, "Let the city give us clean streets, and decent houses to live in, and we will be able to attend to the food question and Health Culture."

I am reminded of the story of a school where the teacher had been working hard to make the boys understand all about the carbohydrates, proteins, and fats in foods. She asked the class at length to name the three kinds of food that were necessary to keep them in good health. One youngster rose to the occasion and came out with: "Ter breakfast, yer dinner, and yer tea." Good boy! He knew what's what!

AT THE SAME TIME.

At the same time, it is undoubtedly good to know, in these days of so many varieties of foods, what value each is to us, and we ought to know and realize something of the same pleasure in having a "harmony of foods" as in a "harmony of sounds."

And though we may not live to eat, we can find a great pleasure in eating nice foods—especially when we can supply that sauce of sauces—Hunger.

It is unfortunate that in many of our outports fresh meat of any kind is often scarce, and in some places the supply of vegetables is only sufficient to last till March or April, after which the meals consist of a dull routine of fish, bread and tea till the

FLETCHERISM.

You all know about Fletcher, the man who advocates chewing (your food, I mean!). He is about sixty, yet he is a young man in spirit and agility and he claims that it is all due to his habits of thoroughly masticating every morsel of food. According to his theory, a mouthful of bread will take from one hundred to one hundred and fifty motions of the jaw to prepare it for swallowing. In fact, he states that you must chew and chew until it becomes so liquidified that it actually goes down your throat without swallowing. He claims a financial gain in that the average man will be thoroughly satisfied and properly nourished on one quarter to one half the usual amount of food he consumes if he follows this method of mastication. In this way, too, practically all the food a man eats is assimilated and used by the body, and there is a startling possibility that under some conditions and suitable foods, the lower bowel might become obsolete.

With regard to the whole food question I have read, and it seems reasonable enough, that no matter how wholesome a food may be, if it is taken beyond your requirements, it turns into rank poison in the stomach or intestines. It is really better to follow the ordinary civilized diet, with its meat, tea, coffee and pie than to select the most healthful foods furnished by Nature and eat these to excess.

PROHIBITION.

I think that the statement of Bishop Jones, in its characteristically eloquent simplicity, that he intends to vote for Prohibition, will give a great impetus to the cause. He has faced the question, as all should do, and has come to a decision, and if there are any who desire a lead, it cannot be taken from a better source, from a man whose simple dignity and life amongst us have drawn from us a veneration that comes from all creeds and classes.

COMPENSATION.

The question of compensation crops up once in a while. Some think that it is unfair that those in the liquor business should at one fell swoop be deprived of their living and should lose a business which they have built up and conducted (as far as such a business can be) in a decent manner.

The obvious answer to this is to refer to their licenses which they obtain every Fall, a license which is plainly given for one year only, and in taking this license, the holder of it has to accept the fact that he takes one year. He cannot make an arrangement to hold his license for a term of years, so that he is perfectly aware that his business may be brought to an end at any time. Knowing this, I think that he is entitled to no compensation, even as a gambler

in stocks is entitled to no compensation when the market goes against him. That so far as the business side goes.

Morally (and the moral side is the only side to consider in any proposition), it looks as if the boot was on the other foot.

His business, whether by his own direct act or volition or not, has wrecked the happiness of more than one home.

His business keeps children from school, keeps them from having decent shoes to wear, and from proper food to eat.

His business keeps babies poorly nourished, makes mothers down-hearted, and homes without a smile.

His business steals men's minds, reduces men's earnings, loses men's jobs, and kills men's affections.

Is there any compensation for all this? Do we ask for compensation for these ills? Is there any effort by the saloons to give compensation in any way?

EVERYONE ALIKE.

There are some here and there who do not understand what Prohibition covers. They confuse it with Local Option. I would recommend that the Literary Committee draw up a circular, drawing attention in plain terms to the effect of Prohibition. Such a fact, for instance, as that no one will be allowed to import liquor, that every man, rich and poor alike, will be on the same footing in this.

TEMPERANCE SOCIETIES.

It is quite true that Temperance Societies will still be needed after Prohibition passes. There are many other inclinations of our nature which could be profitably curbed and temperance might be taught with regard to these as much as with drink. In fact drunkenness in itself is not so much a sin as many other hidden vices. A man drunk is not responsible for his actions, while other men commit other worse deeds in cold blood. There need be no anxiety in any Temperance Societies which in their organization have adopted any benefit scheme. These societies can easily resolve themselves into Benefit Societies similar to the many in our midst now.

It really seems too trivial almost to notice this, but I have been told that several old members of such a society is not looking favourably on Prohibition because of the fear of losing their benefits and the dues they have paid in.

EVERYDAY ETIQUETTE

"How shall I announce the birth of my baby?" asked Mrs. Youngmother, anxiously.

"The etiquette of birth announcements is definite," answered her mother. "The folded sheet of pale blue or pale pink bordered note paper contains the arrival, the date and the weight, and the names of the parents. It is sent out within twenty-four hours after the birth to every immediate relative and to all intimate friends. The sheet exactly fits into a two by two and a half inch envelope, also with a narrow colored border.

What Are You Doing for that Eczema?

"Nothing; I've about given up trying to cure it."
"That is not wise. Do as I did and you will probably be cured in a short time. I used Zylex and Zylex Soap with it and my Eczema began to improve at once. A couple of boxes cured. You can get Zylex at your druggists."
Zylex, 50c. a box; Zylex Soap, 25c. a cake.
Zylex, London. eod,t1

YOUR BOYS AND GIRLS

There is much imagination in the life of every child, and this should be fostered and guided for use in later life. If it is possible to give up one room to the child, or, if not that than a part of the room, an alcove or a corner, so that it can be transformed into an attractive and educative spot for the child. It is not so much a question of size as it is of a distinctive place. If possible it should obtain a cabinet for toys. A box into which the child at the end of its play dumps all of its toys, fosters only a semblance of order.

Here are some "dons'ts" for children that should be heeded by all mothers: Don't allow the children to read in a dim light. Don't let them read with the sunlight glaring on the book. Don't allow them to read at night facing the light. Don't allow them to read while lying down. Don't allow them to read for too long a period at one time.

Girls! Have Wavy, Thick, Glossy Hair Free From Dandruff

Save your hair! Double its beauty in a few moments—try this!

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots fashish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a 25-cent bottle of Knowlton's Danderine at any drug store or toilet counter; apply a little as directed and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?

Jamaica Has Done Her Duty in War In Men and Money.

Kingston, Jamaica, Sept. 25.—Reports from Jamaica and other West Indian possessions of the British Empire indicate that a sufficient number of men to form a complete regimental unit will be ready to sail for England soon, although no definite word has been given as to when the call for them will be made. Already hundreds of the pick of West Indian youths have volunteered, and at their own cost and charges have found their way to England to offer themselves as recruits for Kitchener's army. Even greater numbers have enlisted in the various Canadian contingents which have gone or are going to the front.

The colonies are not in a position to equip the men; they are merely furnishing the raw material, which will be trained and armed in England. In addition to providing for a complete regiment, the islands will undertake to fill the gaps caused by inevitable losses from time to time, to the extent of at least 50 per cent. of the original number.

All the British colonies in the West Indies have voluntarily subscribed money or supplies to meet the Empire's needs—for the purchase of aeroplanes, machine guns, for incidentals, such as smoking supplies for the men in the trenches. In the case of Jamaica, the Government voted a sum of \$250,000, which was used to send a cargo of sugar to the mother country, while by public subscription funds have been collected to the sum of \$200,000 for other objects. In a country where the average earning of 75 per cent. of the population is not more than \$120 a year, and where citizens of opulence are scarce, it is declared that the islands' showing has been remarkably patriotic.

Minard's Liniment Co., Limited.

ents.—A customer of ours cured a very bad case of distemper in a valuable horse by the use of MINARD'S LINIMENT.

Yours truly,
VILANDE FRERES.

England at Her Best.

New York Herald.—It is an axiom that the Englishman always rises to the greatest heights when his country is in its worst straits. History shows that the kingdom has always had to go through the most severe trial before it found itself. What is happening now is, only on a larger scale, multiplied manifold, the repetition of history. Men may glibly talk about Great Britain not doing her full duty to her allies. But when one considers that her navy has given the Allies unlimited command of the sea when command of the sea for Germany would have lost the war to them long ago, and when one considers the stern resolve with which the British nation is facing this great burden of debt, the account must appear as standing very evenly balanced.

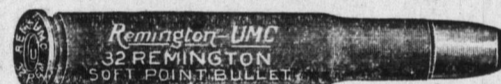
DR. DOVAN'S FEMALE PILLS

Reliable medicine for all complaints of the female system. A box, or three for \$10, at drug stores. Mailed to any address on receipt of price. This is a new and improved formula. DR. DOVAN'S FEMALE PILLS. RESTORES VITALITY FOR NERVE AND BRAIN; INCREASES "GREY MATTER." A Tonic—will build you up. \$3 a box, or two for \$5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG CO., ST. CATHARINES, ONTARIO.

Remington Rifles.



- 22 CALIBRE RIFLES, each \$4.00
- 22 CALIBRE REPEATING RIFLES, 13 shot \$14.00
- 32 CALIBRE REPEATING RIFLES . . \$22.50
- 44/40 REPEATING RIFLES \$32.00
- 12 GAUGE REPEATING RIFLES, 5 shot \$32.00
- 12 GAUGE AUTO-LOADING REPEATING RIFLES, 5 shot \$40.00
- BRASS SHELLS, 10 and 12 Gauge.
- PAPER SHELLS, 16, 20, 12, 10 Gauge.
- PRIMERS, CARTRIDGE CAPS.
- NEW CLUB & NITRO CLUB CARTRIDGES.
- GUN IMPLEMENTS.
- POWDER, SHOT.
- GUN WADS, ETC.



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