

For Summer Days



Here is a dainty little dress for summer days. McCall Pattern No. 8384, Misses' Dress. In 4 sizes, 14 to 20 years. Price, 20 cents.



Empire styles are always becoming to the growing girl. McCall Pattern No. 8438, Girl's Empire Dress. In 6 sizes, 4 to 14 years. Price, 15 cents. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

GAINED 13 WEEKS' BREAD.

Great Britain Has Diverted Milling Offals and Coarse Grains From Livestock.

Two-thirds of the offals from the milling of wheat which were formerly fed to pigs and cattle in Great Britain are now put into the loaf for human consumption, as well as most of the barley and maize, which were formerly used for feeding livestock. In this way Great Britain has gained thirteen weeks' supply of bread, an amount which, with the fullest possible co-operation of Canada and the United States, is counted upon to tide the people of the British Isles over the period before the next harvest.

To keep your linen a good color drop a few pieces of camphor gum into the drawer in which it is kept.

Combine The Grains

That's what is done in making Grape-Nuts food — barley and other grains are used with wheat. This adds to food value and flavor, and the sum total requires less wheat. The malted barley in Grape-Nuts also helps digest other foods. For an economical, nourishing and delicious food, try

Grape-Nuts

Canada Food Board License No. 2-028.

SEA-FISHING IN WAR TIME

SAILING TRAWLERS FORM THE BULK OF FISHING FLEET.

Fishermen Are Making Fortunes—And Earning Them In Those Dangerous, Mine-Sown Seas.

The world has heard much of the old fishing-trawlers which have left off following the herring and have gone to following the mines, but the work of the old trawlers which are still, in this day of German sea-mines, following the herring to help feed Britain, has gone untold.

For many things beside fish come up in the trawls nowadays, and there is no moment more packed with dreadful uncertainties than the moment when the trawl, with its half-ton of mysteries, slung up to the mast by its heavy blocks and top-ropes, is untied at the bottom and its slimy, dripping contents sent slithering down into the fish-room.

Sometimes a small mine, containing only 120 pounds of tri-nitro-toluol, is selected among the herring, the flat fish, the great halibut, and skate, and then the crew makes a dive for its small boat, and pulls away in a panic, to recover its self-possession under the assurance of distance, and to watch while some volunteer goes aboard again to sling the trawl out-board with the little donkey engine, and dump its contents back into the sea. After which, all hands take shots at the little mine as it floats away, and keep on shooting at it until it sinks or explodes.

A Gruesome Haul.

Sometimes dead men, who have been buried in canvas bags with weights of lead at their feet, are brought up, and the crew is struck dumb with the horror of it as if it had brought up a mine. And sometimes the shapeless bodies of dead men who have not been given the decencies of sea-burial are brought up.

And hardly a trip passes but what some of the wreckage which litters the floor of the sea off the coasts of the warring powers is brought up, and cast back into the sea again. "I wouldn't fish now for a gulnea an hour," said a policeman here today. "I oughta see some of the stuff they bring up!"

But the fishermen who are left at this little port are minding money off the fishing-banks. There is one fisherman who, when the war began, was a master of a common trawler, but who now owns a fleet of trawlers of his own, and reckons his wealth up into six figures of pounds sterling.

But boys and very old men now man the fishing-trawlers, and their old independence is taken from them by the martial law which rules the coasts of England. It took a good deal of time to break the fishermen into discipline; but they finally learned that if they refused to obey the Coastguard's rules their permits would be revoked. So by this time they have learned to toe the mark.

It is the sailing trawlers which now constitute the bulk of England's fishing-fleet, for most of the steam trawlers have been taken over to fish for mines. But however beautiful they may appear at sea, in the harbor one may appear at sea, in the harbor one of these fishing craft is the most dejected looking of all craft. Her sails lie in sodden masses about her filthy decks, and her open, emptied holds exhale a stench of fish.

Putting the Ship to Rights.

Her decks and bulwarks are foul with scales and slime, and every rope, free from the tension of the sails, hangs loose and dejected. A rusty stovepipe smokes above the little forecastle, there is a dirty array of clothing drying on the rigging, and if there is anybody aboard, it is quite likely to be an extremely dirty boy smoking an extremely clogged pipe on the hatch-combing, and spitting with extreme frequency down into the hold.

This is the usual appearance of slovenly idleness the fishing craft exhibit after they have unloaded. Then comes the job of cleaning up. You climb down a steep ladder into the empty fish-hold into pitch darkness, no ventilation, and an almost overpowering stench of fish. Here, with a broom and a bucket of hot water, you scrape down the slime and scales and fish-offal from the sides and bottom of the hold, probably thoroughly wetting yourself through in the process, and then carry the water and offal up on the deck, and empty them overboard. After this there is the washing down of woodwork on deck to do, ropes to coil and rope-ends, seaweed, and fish-offal to gather up and throw overboard. And if you're fond of working in harbor—what can be duller than working in harbor?—you'll tidy up the forecastle and reduce its chaos of oil-skins, sea-boots, dirty clothing, stale food and filth into some semblance of decency.

By that time you're ready to go ashore. And the next morning you go out again.

"Yesterday," said the sage, "is dead; forget it. To-morrow does not exist; don't worry. To-day is here; use it."

When boiling clothes place a slice of lemon in the boiler. This will help to whiten the clothes.

The Best of Mediums.

You may talk about your posters and your ads upon the fence, But they ain't the kind of mediums that appeal to common sense; You may talk about your dodgers, and your circulars and such, But I calculate they don't assist an advertiser much; And especially in winter, when the snow is on the ground, I wonder where your posters and your dodgers can be found? But within the cosy homestead when the parlor stove's aglow, The newspaper is read aloud to everyone we know.

The farmer sees the painted sign upon the barn and grins; Two dollars yearly for the space he usually wins, And there his interest in the ad begins, and there it ends, And the same is true of nearly all his neighbors and friends; But they read the local paper every day or every week, And in its welcome columns all their information seek, And you may be quite certain that the ads therein displayed Are also read with interest and are sure to make some trade.

It stands to reason, anyhow, that what a fellow buys, He's going to read and get his money's worth, if he is wise. The father, mother, uncle, aunt, the daughter and the son, Are going to read the newspaper, and so is every one, So it also stands to reason that a local merchant's ad Will there attract attention, be it either good or bad, And the newspaper as medium leads all other kinds with ease, For that is where the multitude the advertisement sees.

CANADA'S NEW PARK.

Point Pelee Contains Beautiful Woodland and Lake Scenery.

Point Pelee, the most southerly portion of Canadian territory, jutting out from the lake shore of Essex county, Ontario, into lake Erie for a distance of about nine miles, has just been created a National Park by the Dominion Government, to whom the land belonged. The creation of this park for the protection of its distinct and attractive tree and plant life and the wild life it harbors permanently and during certain seasons, was recommended by the Commission of Conservation and the Advisory Board of Wild Life Protection; the Canadian Society for the Protection of Birds and the Essex County Wild Life Conservation Association also advocated its creation. In the Ninth Annual Report of the Commission the main features of the Point are described as follows:

"Not only is it the most southerly point of Canada, geographically, and in the character of its birds, trees and plants, but it constitutes one of the concentration points in the northern and southern journey of our migratory birds. In the spring and in the autumn, enormous numbers of birds of all species in their migratory journeys to and from Canadian territory concentrate at this point and its reservation, therefore, would be an important factor in ensuring the protection of these. The area includes a marsh several square miles in extent which forms a favorite resort and breeding place for wild fowl, but excessive shooting has reduced its value as a breeding place. Pine, oaks, red cedar, black walnut, and hackberry grow in profusion on the narrow strip of land running down the west side of the point and make it a tract of singular beauty to the lover of trees and shady groves. Its scenic value, the southern nature of its birds and plant life, its importance as a main route for migratory birds and the exceptional opportunities it affords for the protection and encouragement of wild fowl, insectivorous and other birds, all combine to make it an ideal area for a national reservation."

With the exception that duck shooting will be allowed on the marsh under permit for a limited season in the fall, the wild life in the park, which includes the extensive marsh will be protected as is the case in all the National Parks. The park contains some of the most beautiful woodland and lake scenery that is to be found in western Ontario and its reservation will mean the permanent protection of the area under the Parks Branch of the Department of the Interior for the use and enjoyment of the public.

Glass Cans for Maple Syrup.

One advantage of using glass containers for maple syrup instead of the tin receptacles now in use, would be that, the purchaser being able to see the syrup in the glass bottles, better sales would result. The objection that it would be much more difficult to prepare the syrup for shipment in bottles is offset by the fact that the glass containers have a market value in every household. If quart jars are used they can be emptied and made ready for the housewives' canning season. The gallon containers can be made use of in a similar fashion.

Farm Employment Organizations.

Each Province in Canada has its organization to enroll those who are willing to help on the farms. Make enquiries, and get in touch with your local officers.

ED. 7

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WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.



Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it Freezone. Any druggist will sell a tiny bottle of Freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't Freezone, tell him to order a small bottle for you from his wholesale drug house.

CROP PROSPECTS GOOD.

Railway Official's Conclusions Following Western Tour.

"After an extended tour through the west, both over the C.P.R. and other lines, during which I looked carefully into crop prospects, I think it is safe to conclude that, with the increased acreage under cultivation, Western Canada this year will produce at least as many bushels of grain as last year, provided, of course, that conditions continue as favorable as they are at present." This was the statement made on July 15th by Mr. C. E. McPherson, assistant passenger traffic manager of the C.P.R. at Winnipeg, while in Montreal on a business trip.

Mr. McPherson said that in some parts of Alberta and Saskatchewan drought and winds had cut into the possibilities of the harvest very seriously, while in larger districts recent rains had helped the growing grain along wonderfully, so that where a few weeks ago there was little in sight it now seemed likely there would be at least fair crops. In Manitoba, which province had during recent years fallen behind in wheat production, Mr. McPherson said the prospects were particularly good, with a largely increased area of wheat acreage, and every prospect of abundant yields.

So far as passenger business was concerned, Mr. McPherson said that the roads in the west had never done better than during the present year. As to American tourist business, particularly toward the far west, Mr. McPherson said it was too early to make any predictions, but the prospects pointed to at least as good a season as last year, while the number of visitors to the Rocky Mountain resorts was well up to the average.

The Still Trees.

I thank you, Elm and Beech and all my friends That live so wisely on the happy hills, I thank you for your silence. Even a friend (Especially a friend) must have his moods, His long still days of dreaming silence spent In strange communion with his soul and God.

And you, my friends, have chosen for your silence The slow lean months of winter. All the burdens And all the joys of this embattled earth You dare forget, so that your soul and God May have their hour of studious solitude.

So I, O friends, who walk among you now, Go searching inward to the soul in me, And bend my dreams unto the God we know I thank you, Elm and Beech and all my friends That live so wisely on the happy hills.

HOW TO PREVENT FOREST FIRES

Never leave camp with your camp-fire burning. Never drop lighted matches or tobacco in the woods. Never clear land by fire in very hot weather. Try taking these precautions this year only. You'll do the same thing next year by habit.

Minard's Liniment Cures Diphtheria.

SCIENCE CAN AID INDUSTRY.

An Example of Business Blindness in Great Britain.

In several British industries, native raw materials are now being utilized where, before the war such materials were imported from the continent simply because the manufacturer did not happen to know that ample supplies of the same were at his very door, a fact of which he would have been informed had he consulted competent scientific authorities. This is well illustrated in the case of one of the largest steel corporations of England which, until 1914, had been importing from Austria, through a German firm, a certain material for lining its converters. When war was declared it congratulated itself on the fact that it had a two years' supply on hand. As time wore on, however, and the supply diminished, complacency gave place to anxiety. Finally, the directors decided to call on scientific advice. They were referred to the geologists who informed them that a bountiful supply of the material in question was available in the immediate vicinity of their own plant. The information was acted upon, a shaft was sunk at no great distance from their furnaces, and, as a result, the company is now mining in sufficient quantity on its own account the material formerly imported from Austria at many times the present cost.—Prof. J. C. Fields.

LEMONS MAKE SKIN WHITE, SOFT, CLEAR

Make this beauty lotion for a few cents and see for yourself.

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way. Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quart of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle, then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

Unprecedented Fire Waste.

Up to the present, the fire loss of the Dominion of Canada is 25 per cent. greater than for the corresponding period of last year. If this rate of destruction continues, the loss will exceed thirty-two million dollars in 1918, and together with expenditures upon insurance and fire protection, will constitute a burden of over \$65,000,000. This means about \$10 out of the pocket of every man, woman and child in Canada, or almost \$40 for the average family.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN, Metapedia, P.Q.

AUG. 31, 1908.

Twenty Sheep are Needed Back of Every Soldier.

Twenty sheep are required to provide sufficient wool to keep one soldier clothed. In Canada we have less than 5½ sheep for every soldier. Not only is the wool in great demand at record prices, but the meat also brings high prices. In many parts of Canada sheep production should be greatly increased. In some sections dogs are a menace to sheep-raising and the Canada Food Board has suggested that local legislation to protect sheep be adopted wherever necessary. Such legislation is a matter of local jurisdiction and co-operation of officials and public is asked in encouraging sheep-raising by making conditions safe.

Minard's Liniment Cures Distemper.

Killing the Breeding Stock. The live stock in the countries of the Allies in Europe has been decreased by 46,000,000 head since the beginning of the war. 40 per cent. of the hogs in France have been killed, and 35 per cent. of the sheep. It is estimated by French officials that French live stock cannot be restored to the pre-war basis until from five to ten years after the war.

ROYAL YEAST CAKES



HAS BEEN CANADA'S FAVORITE YEAST FOR MORE THAN 30 YEARS. MAKE PERFECT BREAD. MADE IN CANADA.

The War Bread of Norway.

The people of Norway are eating a dark, heavy, war bread, produced from a mixture of every available cereal, but even these stocks of flour are so low that dried fish is now being used. The use of cellulose made from wood is also contemplated as a wheat flour substitute. With this bread the Norwegians will eat margarine made from whale oil.

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

Book-keeping for Farmers.

The Commission of Conservation has just published a Farmers' Account Book containing blanks and instructions for a simple but complete system of farm book-keeping. It will be sent on request to bona fide farmers only.

Minard's Liniment Cures Garget in Cows

Helping on Fruit Farms. Women students from the University of British Columbia are again helping on fruit farms in the Coast Province. These girls did splendid work last year, and a larger number are helping this year.

FOR SALE

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell \$2,000. Worth double that amount. Apply J. H. Wilson Publishing Co., Limited, Toronto.

MISCELLANEOUS

WILL PURCHASE ALTERNATING Current Motors for Cash. Milton and Prentiss, Traders Bank Building, Toronto.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

ALEXANDRA HOSPITAL FOR CONTAGIOUS DISEASES, Montreal. Probationers wanted, between 19 and 25 years of age, for one year's training. Lectures and diplomas given, and arrangements made for the transfer of successful candidates to a general hospital. Strict references required. For forms of application, etc., apply to Miss Grace M. Fairley, Lady Superintendent.

SMOKE TACKETTS ORINOCO



50¢ Soothers and Heals Quickly—infamed cuts, bruises, burns, scalds, blisters, piles, abscesses, boils and other inflammations. At dealers, or write us, HIRST'S REMEDY COMPANY, Hamilton, Canada.

THICK, SWOLLEN GLANDS

that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with

ABSORBINE also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2.50 per bottle delivered. Book 3 H Treat. ABSORBINE, JR., the antiseptic liniment for man, Veins and Ulcers. \$1.25 a bottle at dealers delivered. Book "Evidence" free. W. F. YOUNG, P. D. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.

SMOKE TACKETTS T & B Myrtle Cut CUT OR T & B CUT OR PLUG