

## From the Middle West

BETWEEN ONTARIO AND BRITISH COLUMBIA.

Items From Provinces Where Many Ontario Boys and Girls Are Living.

One-third of the Regina fire brigade are now with the colors.

The Manitoba Agricultural College will have a record number of students this winter.

Saskatchewan farmers set aside 5,000 acres on which to grow grain for patriotic purposes.

The estimated loss in the operation of the Regina Street Railway system for 1915 amounts to \$116,875.

Farmers in Saskatchewan are buying much lumber for the purpose of building granaries to store their wheat.

Miss Queenie Yuill, of Regina, has entered on a five-year course at the Manitoba Medical College for the degree of M.D.

When the Alberta Legislature next meets it may amend the Election Act so that illiterates will be excluded from voting.

Rhoda Violet Williams, a 14-year-old North Battleford girl, has passed her exams, as associate of the London College of Music.

Convicted of a breach of the Saskatchewan Sales of Liquor Act, a Regina bartender was fined \$200 and sent to jail for a month and a half.

Coyotes have become so numerous in country districts of the Middle West that farmers are alarmed for the welfare of their smaller domestic animals.

Stanley Fisher, an 8-year-old Winnipeg boy, didn't know a gun was loaded, and shot and killed a companion in showing him what he would do to a German.

The Secretary of the Regina Bureau of Public Welfare, reports that a number of those assisted by the bureau last winter have paid back the amounts advanced to them.

The director of prosecution, under the new Saskatchewan Liquor Act, has issued a statement showing that there have been 81 convictions for infraction of the act to date.

Doctors of Regina and their friends have collected \$4,423 during the past two weeks for the Saskatchewan Field Hospital Unit. A total of \$40,000 is needed to equip the gift.

William Short, ex-Mayor of Edmonton, said at a meeting of the Development League: "If we are to succeed in Edmonton we will have to sweep away municipal ownership."

He declared that the city had become municipal-ownership mad.

A report of the Saskatchewan Department of Agriculture estimates the total yield of wheat in the province at 133,490,027 bushels, of oats at 133,884,821 bushels, of barley at 8,972,107 bushels, and of flax at 5,000,000 bushels approximately.

A Winnipeg firm had an old safe which had not been opened for years, the combination being lost. It was thought the safe contained nothing but old books. An expert opened the safe and found nearly \$800 in good money inside, which had been entirely forgotten.

Going to a fire, a \$300 horse, belonging to the Winnipeg Fire Department, was killed when a fire truck collided with a street car.

The farmers of Saskatchewan will give the Government 100,000 bushels of wheat as a patriotic gift. The wheat will be made into flour and sent to the Imperial Government.

Homestead entries in Western Canada for the first seven months of 1915 totalled 10,279, a decrease of 5,843, as compared with the corresponding period of last year. There were 2,845 fewer entries in Saskatchewan, 3,002 fewer in Alberta, and 145 fewer in British Columbia. In Manitoba the entries this year have totalled 2,350 as compared with 2,092 last year.

### HOW SANDSTONES DIFFER.

Unlike in Composition Are Our Sands of Which They Are Composed.

Decomposed rock can be solidified again either by applying great pressure or by injecting cement, or by doing both. Thus sands are formed into sandstones, clays become shales, and calcareous deposits yield limestone.

Aside from their cementing materials, sandstones differ in composition exactly as did the sands of which they are composed. Sandstone may be nearly pure quartz, or quartz and feldspar, or quartz, feldspar, and mica, and it may vary in texture from the fine to the coarse. Some sandstone is so coarse that it will hold six quarts of water to the cubic foot, and underground deposits of such sandstone form excellent reservoirs, which may yield a never-failing supply of water. An arkose sandstone from the quicksilver region of California, made up of granite detritus, was found to contain quartz, orthoclase, oligoclase, biotite, muscovite, hornblende, titanite, rutile, tourmaline and apatite. In short, all the rock-forming minerals that can in any way survive the destruction or grinding up of a rock may be found in sands, and therefore, in sandstones.

### Maid or Cook.

The Wife—Do you know that you have not kissed me for over a week?

Absent-minded Professor—Eh? Then I wonder who in the world I have been kissing.

## PALE, FEEBLE GIRLS.

Weakness Generally Comes on as Womanhood Approaches.

Girls upon the threshold of womanhood often drift into a decline in spite of all care and attention. How often one sees girls who have been strong and lively become suddenly weak, depressed, irritable and listless. It is the dawn of womanhood—a crisis in the life of every girl—and prompt measures should be taken to keep the blood pure and rich with the red tint of health. If the blood is not healthy at this critical stage the body is weakened and grave disorders follow. Dr. Williams' Pink Pills have saved thousands of young girls from what might have been life-long invalidism or an early death. They are a blood-builder of unequalled richness, strengthening weak nerves and producing a liberal supply of red, healthy blood which every girl needs to sustain her strength. Dr. Williams' Pink Pills have proved their great value over and over again to young women whose health was failing. Miss Minnie Duffield, Eramosa, Ont., says: "It gives me great pleasure to tell you what Dr. Williams' Pink Pills have done for me. When I was approaching the age of womanhood I suffered greatly from bloodlessness, or anemia. My work was a drag to me, I had no appetite and never felt rested in the mornings. I could scarcely walk for five minutes at a time without taking a rest. I was troubled with severe headaches, and things looked gloomy indeed. I doctored for a long time and got but little, if any, benefit. I was advised to try Dr. Williams' Pink Pills, and did so, and after taking them for a time, felt better. I continued taking the Pills until I had used six boxes, when I felt like a new person, and was again enjoying splendid health. I would strongly advise any girl who is weak or run down to try Dr. Williams' Pink Pills."

You can get these pills from any dealer in medicines or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### FOR GRAVES OF HEROES.

No Crosses or Memorials May be Sent to Battlefield.

The British War Office announces that no crosses or memorials to mark the graves of those who have died over sea can be accepted for transit.

Durable wooden crosses, treated with creosote and legibly inscribed, are already in position on, or in preparation for, all known graves, and in addition all known graves are carefully registered. Numbers of graves are well within range of hostile shell fire, which would be effectively destroyed, iron as wooden crosses. The former could not rapidly be replaced, whereas the latter could be re-erected immediately approach were possible.

Further, many graves are in close proximity to the enemy and can only be approached at night; therefore the weight of the cross to be erected is an important factor.

These reasons make it necessary that during the war only the regulation wooden crosses should be erected over graves.

### HEALTHY CHILDREN.

A child's health depends upon the state of his stomach and bowels. If they are kept regular and sweet, the little one is sure to be healthy. Baby's Own Tablets are the mother's best friend in keeping her little ones well. They act as a gentle laxative; are absolutely safe and are pleasant to take. Concerning them Mrs. David Label, Ste. Perpetue, Que., writes: "My baby was so troubled with constipation that he could not sleep day or night. I gave him Baby's Own Tablets and now he is a big healthy boy."

The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### INEFFECTIVE ECONOMY.

Boswell, in his classic "Life of Johnson," tells the following concerning the opinion of his friend on the subject of thrift: "I told him that at a certain gentleman's house where there was thought to be such extravagance, or bad management, he was living beyond his income, his lady had objected to the cutting of a pickled mango, and that I had taken an opportunity to ask the price of it, and found it was only two shillings, so here was a very poor saving." Johnson: "Sir, that is the blundering economy of a narrow understanding. It is stopping one hole in a sieve."

Who Lord Hardinge's successor will eventually be is a question which no one ventures to answer with any degree of authority. The Viceroy of India has infinitely more power in that country and more deference from its people than the sovereign has in England, as the Oriental demands a stronger, more autocratic hand to rule over him, and his mind is more susceptible to the trappings of sovereignty.

"If you'd assume a more genial manner you would get along better in business."

"Huh! I tried it once and everybody I met wanted to borrow money."

According to Indian mythology, the earth is supported by eight white elephants.

### Winter Afternoon Frock.

The approach of cold weather not only makes the high collar more popular but increasingly appropriate and sensible. The high collar has a dignity about it that is pleasing, yet it lacks that rigidity and stiffness so patent in styles of the past. A model which would make a most becoming

afternoon frock is Ladies' Home Journal Pattern No. 9082, which consists of a waist with a back extending over the shoulder forming a shallow yoke effect, while the deep front yoke has a standing collar with applied tucked sections, which are extremely novel. The full-length sleeves are finished with a band and circular cuffs. The three-piece gathered skirt is perforated for trimming sections, and is lengthened by a bias hem. Cuts in sizes 32 to 42 inches, bust measure, size 36 requiring 4 1/2 yards 42-inch material with 2 1/2 yards 42-inch chiffon.

Patterns, 15 cents each, can be purchased at your local Ladies' Home Journal dealer, or from The Home Pattern Company, 183-A George St., Toronto, Ontario.



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## Wonderful Miracles Worked On Weak Stomachs

By Dr. Hamilton's Pills

There are despairing men and women by the thousands in this City whose stomachs keep them in constant misery that can be quickly restored to vigorous health by Dr. Hamilton's Pills. We know of no other medicine that possesses the power to kindle into new life the exhausted energies of chronic stomach sufferers. There is an extraordinary power in Dr. Hamilton's Pills that searches out the weak spots, that braces up the delicate glands and complex workings of the stomach and bowels. There are invigorating, stimulating tonic ingredients in Dr. Hamilton's Pills which are derived from powerful juices taken from rare herbs and roots, and these are scientifically combined with other medicinal products so as to assist in a harmonious and proper working of the entire system. The ingredients of Dr. Hamilton's Pills, coming from the great storehouse of Mother Nature herself, can be relied upon to be harmless. Guaranteed results follow to all who use Dr. Hamilton's Pills for Stomach Weakness, Gas, Sourness, Headache, Biliousness or Constipation. Seekers of the better health can not do better than invest 25c. in this health-bringing family medicine.

PLAN "BOOK OF GRATITUDE"

Refugees in London to Print Their Thanks to Britain.

Among the thousands of refugees who have received help and hospitality from the British Empire are many of Belgium's most distinguished authors and artists, and their gratitude is finding spontaneous expression in a volume of international interest which is now in preparation. This is entitled "A Book of Belgium's Gratitude" and is under the patronage of King Albert.

Among the important subjects to be dealt with are the neutrality of Belgium and the British guarantee, the Belgian relief fund and the organization of hospitality of this country, the help given to the Belgian army and the work of repatriation, the support given by English art to Belgian art, the English bar as compared with the Belgian bar, the tributes paid by English poets and writers to suffering Belgium, Belgian refugees in London and other cities, the universities of Oxford and Cambridge, in the country districts and in the factories.

The book will be printed in French and English.

Off and On, Offener Off.

The general was inspecting a regiment the colonel of which was a very bad horseman. The battalion, says The Tatler, was formed up in quarter column, and as the commanding officer gave the order, "Advance in column!" the band struck up the regimental march, with the result that the colonel's horse plunged and kicked furiously, and he was very nearly unseated.

As the leading company was nearing the saluting base, the captain glanced round to see if his men were marching well, and was horrified to see the whole of the front two ranks bunched up in the middle and every man watching eagerly the commanding officer's efforts to retain his seat.

"Ease off, there!" he shouted angrily.

"No, 'e ain't," cried a recruit, "but 'e soon will be!"

HARD ON CHILDREN

When Teacher Has the Habit.

"Best is best, and best will ever live." When a person feels this way about Postum they are glad to give testimony for the benefit of others.

A school teacher writes: "I had been a coffee drinker since my childhood, and the last few years it had injured me seriously." (Tea produces about the same effects as coffee, because they both contain the drugs, caffeine and tannin).

"One cup of coffee taken at breakfast would cause me to become so nervous that I could scarcely go through with the day's duties, and this nervousness was often accompanied by deep depression of spirits and heart palpitation.

"I am a teacher by profession, and when under the influence of coffee had to struggle against crossness when in the school room.

"When talking this over with my physician, he suggested that I try Postum, so I purchased a package and made it carefully according to the directions; found it excellent of flavour, and nourishing.

"In a short time I noticed very gratifying effects. My nervousness disappeared. I was not irritated by my pupils, life seemed full of sunshine, and my heart troubled me no longer.

"I attribute my change in health and spirits to Postum alone."

Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

## AN INGENIOUS WATER COOLER.

Butter and Other Things Kept Cool In Summer.

Pierre Lord has discovered that an ordinary flowerpot can be utilized to keep butter, water, and other things cool during the hottest of summer days.

An ordinary flowerpot will serve the purpose well, in fact any clay jar, or common unglazed earthenware pot, will answer. All that is necessary is to moisten a cloth with strong salt water and keep it over the top of the flowerpot. The ends should drop down into a soup dish or basin in which the flowerpot should stand.

This draining dish must be kept full of water all the time. A dark, cool pantry is a good place in which to keep the clay pot or jar.

Another way is to wrap a layer of burlap round a porous jar. The water is placed in the jar and exposed to a current of air on a dark window sill, with the windows open and the shutters closed. The water inside the porous receptacle percolates in a microscopic moisture to the outer surface. The burlap wrapping maintains such a slow rate of evaporation that the pot is kept cold, and that cools the contents.

Chest Colds and Hoarseness Quickly Rubbed Away

"Nerviline" Gives Speedy Relief and Cures Over Night.

Got a cold? Is your voice raspy—is your chest congested or sore?

If so, you are the very person that Nerviline will cure in a jiffy.

Nerviline is strong and penetrating. It sinks right into the tissues, takes out inflammation and soreness, destroys colds in a truly wonderful way. Rub Nerviline over the chest—rub on lots of it, and watch that tightness disappear. Nerviline won't blister, it sinks in too fast—doesn't simply stay on the surface like a thick, oily liniment would. If the throat is raspy and sore, rub it well outside with Nerviline, and use Nerviline as a gargle diluted with warm water. Just one or two treatments like this and your voice and throat will be quick normal again.

Just think of it—for forty years the largest used family medicine in this country—Nerviline must be good, must quickly relieve and cure a hundred ills that befall every family. Try it for earache, toothache, coughs, colds, sore chest, hoarseness and muscular pains in every part of the body. Large family size bottle, 50c; trial size 25c, at all dealers.

Place for Them.

An Irishman on board a steamboat for the first time seeing life-preservers, asked what they were, and being told, remarked: "Thin why don't ye put them in the hospitals, where people is dyin' and dyin' all the time?"

Barbarities of War.

She (viewing the flagship)—What does he blow that bugle for?

He—Tattoo.

She—I've often seen it on their arms, but I never knew they had a special time for doing it.

We believe MINARD'S LINIMENT is the best: Mathias Foley, Oil City, Ont. Joseph Snow, Norway, Me. Charles Whooten, Mulgrave, N.S. Rev. R. O. Armstrong, Mulgrave, N.S. Pierre Landers, Sen, Pokemouche, N.B.

Victoria's Wedding Shoes.

The announcement offering for sale the wedding shoes of Queen Victoria recalls the fact that Her Majesty was a keen collector of historical relics.

At a sale held in November, 1899, she commissioned a well-known dealer to secure for her a walking-stick carved to represent "Wisdom and Folly," once the property of Prince Charles Edward. The royal agent had carte blanche, and the stick was knocked down to him for £160. This was a monstrous price when we consider that shortly before the young Pretender's dark, with flint-lock pistol attached, realized only £3 15s; whilst the great Rob Roy's claymore, made by Andrea Ferrara, with its shark's skin grip and all, went for £37 16s.

At the Stuart Exhibition organized in London some twenty years ago a number of most interesting exhibits came from Queen Victoria's collection.

Minard's Liniment Cures Burns, Etc.

Wants to Know.

Little Girl—"Please, Mrs. Brown, mother wants to know if she can borrow a dozen eggs. She wants to put them under a hen."

Mrs. Brown—"So you have got a hen, have you, my dear. I didn't know your mother kept hens."

Little Girl—"No, she doesn't; but Mrs. White is going to lend us a hen that is going to sit, and mother thought if you'd lend us the eggs we could find the nest ourselves."

Minard's Liniment for sale everywhere.

**ROYAL YEAST CAKES**  
MAKE PERFECT BREAD

Bread made in the home with Royal yeast will keep fresh and moist longer than that made with any other. Food Scientists claim that there is more nourishment in a pound of good home made bread than in a pound of meat. Consider the difference in cost.

E.W. GILLETTE COMPANY LIMITED  
TORONTO, ONT.  
WINNIPEG MONTREAL

Problem in Composition.

"You seem to be having a struggle over that letter."

"Yes; I want my wife to think I miss her, but I don't want her to get to feeling so sorry for me that she'll hustle home."