

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 \$1,423 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 113,884,821 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, 2,902 fewer in Alberta, and 145 fewer in British Columbia. In Manitoba the entries this year have totalled 2,350 as compared with 2,992 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 that Dr. Williams' Pink Pills have done for me. When I was approaching the age of womanhood I suffered greatly from bloodlessness, or anaemia. 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 will within range of hostile shell fire, which would be effectively destroyed by iron or 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."

Ask Your Doctor

about this food formulae. It's Dr. Jackson's Roman Meal. 30% whole berries of wheat. 35% whole berries of rye; both granulated, not crushed. 25% deodorized and tasteless flaxseed and 10% wheat bran. It makes delightful nut-brown porridge, pancakes, bread, and all baked products. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." At all grocers, 10 cents and 25 cents.

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



No. 9082.

ing 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 hand 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.

Corns Applied in 5 Seconds Cured Quick

Sore, blistering feet from corn-punctured toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, causes instant relief, makes the feet feel good at once. Get a 25c. bottle of "Putnam's" today.

VICEROY OF INDIA.

Lord Hardinge Must Hold the Office For the Winter.

Lord Hardinge, Viceroy and Governor-General of India, whose term of office under ordinary circumstances would expire in November, will not be called home until March. The Government has requested him to remain in India throughout the winter, as the political condition of the country is far from satisfactory, due to the upheaval of the European war, which has incited some of the well-known revolutionists to renewed plotting. Lord Hardinge's life has been jeopardized several times recently, but a new Viceroy going to India at this time would encounter even greater risks.

Lord Hardinge was created Baron Hardinge of Penhurst when he was appointed to India in 1910, marking appreciation by the Government of a long diplomatic career in which he served at home in the Foreign Office as Under Secretary and as Ambassador to Russia. His career as Viceroy of India has been attended by those strange personal tragedies which often seem to come to men in their highest honors. His life was attempted several years ago by a revolutionist, and he would have been slain if Lady Hardinge had not thrown herself before him as a shield. About a year ago Lady Hardinge came to England to undergo an operation, her husband being unable, through official duties, to accompany her. She died under the operation, and was buried in the family plot of the village cemetery near their English home. A few months later the Viceroy's eldest son, Lieut. Edward Charles Hardinge, a former page to King Edward, fell upon the French battlefield, and was buried beside his mother.

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.

Manners in Business.

"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.

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, at 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 of 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 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 INGENUOUS 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 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 cool, 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—Catfod. "Thin why don't ye put them in the hospitals, where people is dyin' and dyin' all the time?"

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 voice with flint-lock pistol attached, realized only £3 15s.; whilst the great Rob Roy's claymore, made by Andrea Ferraris, 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.

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 Cures Burns, Etc.

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.

ROYAL YEAST CAKES

MAKES THE WHITEST, LIGHTEST YEAST CAKES



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."

Minard's Liniment Cures Dandruff.

So It Seems.

"Into each life some rain must fall."

"The poet who wrote that must have had last summer in mind."

Minard's Liniment Relieves Neuralgia.

Ruskin in the Kitchen.

Ruskin not only preached the gospel of efficiency, but when the exigencies of the occasion demanded he practiced it also. In her entertaining book of reminiscences, "Thirteen Years of a Busy Woman's Life," Mrs. Alec Tweedie says that her father, Doctor Harley, a well-known London physician, was a great friend of Ruskin's, and often stayed at Brantwood. One night Ruskin asked Doctor Harley whether he liked tea or coffee before he got up.

"A cup of tea," he replied.

"Why don't you choose coffee?"

"Well, to tell the truth, I have lived so much abroad that I don't fancy English coffee; it is generally so badly made."

His host said nothing. The next morning Doctor Harley was awakened, and a strong smell of coffee permeated the room. Turning to a servant, he asked, "Is that my cup of tea?"

"No, sir, it is Mr. Ruskin's coffee."

"Mr. Ruskin's coffee! What do you mean?"

"The master was up early. He roasted the coffee himself, he ground the coffee himself, and he made the coffee himself, and he hopes you will like it."

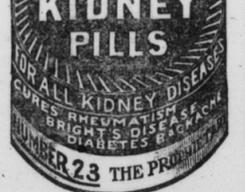
Alcohol Gives Way to Tea.

The restriction of the sale of spirits in England has resulted in a greatly increased consumption of tea, and even though the new laws regarding the use of alcohol should be relaxed after the war a large percentage of people will have acquired a permanent taste for nature's stimulant—tea. Undoubtedly the consumption of tea is increasing throughout the world, and will continue to increase at a greater rate during the next few years, and until the supply can cope with the demand higher prices for tea must be expected.

Funeral Under Fire.

Brigadier McKenzie, of the Salvation Army, who is one of the chaplains with the Australian forces at the Dardanelles, has frequently been under fire. He conducted the burial service at the interment of Colonel Onslow Thomson's remains. "It was very gratifying to find our colonel's body," he writes. "We buried it at nine o'clock, after dark, as it lay in an exposed position. I had to kneel down and keep my head and body in a crouching position while reading the burial service. Hundreds of bullets swept over us while this was going on."

Fair-haired people usually possess between 140,000 and 160,000 hairs on the scalp.



THICK, SWOLLEN GLANDS

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

ABSORBINE

also other Benches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2 per bottle delivered. Book 3 in free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers. \$1 and \$2 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada. SANITARY ROOM KEYS.

Light-Fingered.

At a dinner given by the Prime Minister of a little kingdom in Ruritania, a diplomat complained to his host that the Minister of Justice, who had been sitting on his left, had stolen his watch.

"Ah, he shouldn't have done that," said the Prime Minister, in tones of annoyance. "I will get it back for you."

Sure enough, toward the end of the evening, the watch was returned to its owner.

"And what did he say?" asked the diplomat.

"Sh-h!" cautioned the host, glancing anxiously about him. "He doesn't know that I have got it back."

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! ZAM-BUK is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDREN'S SORES

FARMS FOR SALE.

LOOKING FOR A FARM, CON- sider me. I have over two hundred on my list, located in the best sections of Ontario. All sizes. H. W. Dawson, Brampton.

NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB OFFICES for sale in food Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

MISCELLANEOUS.

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

THE RIGHT SCHOOL TO ATTEND!

ELLIOTT Business College

Yonge and Charles Sts., Toronto.

The demand for our graduates during August and September was four times our supply. Commence now. Calendar free. W. J. ELLIOTT, Principal.

I STOPPED MY CATARRH LIKE MAGIC

I Will Gladly Tell You How—FREE.

HEALS DAY & NIGHT

It is a new way. It is something absolutely different. No lotions or ointments, or sticky-smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke. No rubbing or massage. No powder. No plasters. No keeping in the house. Nothing of the kind at all. Something new and different—something delightful and healthful—something instantly successful. You do not have to wait, and linger, and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured, and my friends are cured and you can be cured. Your suffering will stop at once like magic.

I AM FREE—You Can Be Free

My catarrh made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking and coughing made me oblivious to all, and my foul breath made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave because every moment of the day and night it was slowly yet surely sapping my vitality.

But I found a cure, and I am ready to tell about it.