

VOCATIONAL TRAINING FOR TOMMY

WORK OF MILITARY HOSPITAL COMMISSION.

Returned Men Grasp Opportunity To Improve Their Positions During Convalescence.

Tommy, like most of us, looks upon his job in the light of dollars and cents. His objective is a pay envelope on the crest of Saturday night, and the bigger the better.

He sees in the vocational training of the Military Hospital Commission a chance to increase his earning power, and he is making the days of his convalescence count, according to the records and reports of the vocational officers who direct the classes.

The returned man's industry is solving not only his own problem and providing for his future, but for Canada's. Every artisan turned out by the Commission from the ranks of disabled men, means one less in the army of unskilled workers. Careful watch is kept of the labor market, and every man under training in the schools has been placed, so to speak, before he started his course.

The vocational training department of the Commission is not reaching out to only the trained workers who have acquired a certain amount of skill in some line, to give them an opportunity to improve themselves for better positions, but to the man who never had a trade or the advantages of even the most elementary education.

Some Specific Cases.

Illiterate men, who drove dump carts before they enlisted, have been given good trades in which they can make a permanent place for themselves, and earn a much better wage. Scores of men with a fair education have been enabled to take courses to place themselves in good clerical positions; and many more have advanced from workmen to foremen in the machine and carpenter shops.

One young man, a blacksmith's helper, was given a few months' course in blacksmithing and oxy-acetylene welding during his convalescence, and is now employed by the Winnipeg School Board in those trades at a salary of \$90 a month.

In the same school at this time a young veteran who had been a polisher before the war took a five months' course in commercial work during his convalescence and is now earning \$87.50 a month as a book-keeper. The best salary he had ever earned before amounted to \$30 a month.

A milk peddler, who had always wanted to draw, returned disabled, and during his time in hospital took a course in mechanical drafting and went back to civil life to earn \$75 a month as a mechanical draftsman.

These men, and hundreds like them now in training in the M.H.C. vocational classes, will be listed as assets, not liabilities, when Canada's war debt is figured.

BRUSH AND GRASS LAND.

Discussion Regarding Sheep and Goats As Tree Destroyers.

Some Canadian planters of forest tree stock have had experiences with depredations of goats, both amusing and tragic. There is under way in the United States at the present time a discussion between the breeders of sheep and goats with regard to their availability as an agency to convert brush-land into grass land. The "Angora Journal" has the following to say:

"Sheep are a grass-feeding stock; they will not eat brush unless forced to do so by the absence of other pastures. They will browse on scant pasture, leaving the hazel, willow, or other bushes to grow unmolested if any grass it to be had. On the other hand, goats will leave grass to sheep and cattle if any green tree or shrub growth is available. They prefer it. Sheep never stand upright on the hind legs to browse; goats will browse off the foliage and tender bark to a height of six feet and even higher.

Forest officials have adopted goats as a means of keeping fire-breaks clear of underbrush. Goats are used to do the pioneering ahead of other live stock on new lands in many Western States.

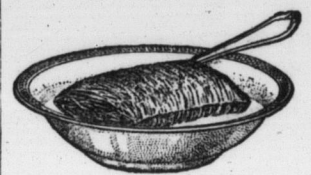
"The prejudice against goats is questionable. It has been created by the inhabitants of the vacant city lot—a neglected creature that was forced to get subsistence by any means it could. It gnawed the labels from tin cans to get the taste of the paste beneath—and acquired a reputation for eating tin cans. The goat of the open fields and prosperous farms is as different from the vacant-lot or common type as is the Hereford thoroughbred from the raw-boned cow of the city suburbs. The goat is the cleanest feeder of the live-stock world. It will not eat straw or hay that has been under foot. It nibbles the choicest bits of foliage and rejects all uncleanness.

Love must be intelligent and intelligence must be loving before either can reach its fullest exercise.

Fall ploughing is a good way to clear the soil of white grubs. Chickens and turkeys will clear them from the land if it is turned up and they are allowed to run in the fields, and crows also help in this work. Pigs will grub them out. Fall ploughing kills wire worms and other worms.

Watch Your Sneezes!

It may be the forerunner of bronchitis or a bad cold. It is nature's warning that your body is in a receptive condition for germs. The way to fortify yourself against cold is to increase warmth and vitality by eating **Shredded Wheat**, a food that builds healthy muscle and red blood. For breakfast with milk or cream, or any meal with fresh fruits.



Made in Canada.

For the Housewife



These days even the house dress takes upon itself smartness. This one has several unusual features, the pocket arrangement and the collar and cuffs are true followers of the mode. McCall Pattern No. 8041, Ladies' House Dress. In 7 sizes; 34 to 46 bust. Price, 20 cents.

This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Too Cold—Or Too Hot?

"The raiders won't come in winter; it'll be too cold for them."

I have heard several people make a remark of that kind, says a writer in London Answers. It is not generally realized that on the hottest summer days an aviator can pay a "flying visit" to the Arctic Regions by mounting his machine to a height of 10,000 ft.

The temperature is invariably low at 10,000 ft., whether at the Tropics or the Poles, and there is very little variation in the temperature all the year round, except for the difference which a high wind makes.

An aviator will encounter forty degrees of frost at an altitude of 10,000 ft., and when twice as high will find the temperature exactly that of the South Pole.

So cold won't be a stumbling block to the raiders. The only alternative is to make it too hot for them.

"Habit is a cable. We weave a thread of it every day, and at last we cannot break it."—Mann.

There's Superior Flavor To POSTUM

as a table beverage.

A package from the grocer is well worth a trial, in place of tea—especially

When Tea Disagrees!

ROYAL TITLES CONFUSING.

War Has Brought About Many Complications—Brother Fights Brother.

The changes in royal titles call attention, inevitably, to a few of the complications that the war has brought with it. There were few princes more popular than was Prince Christian Victor, who died as a gallant British officer in South Africa; but his brother, Prince Albert, is fighting in the German army. The Duke of Albany is one of the "enemy princes" with whom Parliament is concerned just now, whose banner has been removed from St. George's Chapel; but his sister is the wife of Prince Alexander of Teck, who is a British officer, and now becomes an earl.

We, or, at least those of us whose memories are not uncomfortably long—are inclined to forget that Prince Christian's German title may almost be described as German by accident. He was a German prince when he married Queen Victoria's daughter, certainly; but he had only been German for three years at that time. Schleswig-Holstein was then a part of the Prussian attack on Denmark more than half a century ago, and until that attack succeeded Prince Christian was a Dane.

BLOOD-MAKING MEDICINE

It took centuries for medical science to discover that the blood is the life. Now, it is known that if the blood were always abundant, rich and pure, very few people would ever be ill. It was not until the end of the 19th century that an instrument was invented for measuring the red part of the blood. Then doctors could tell just how anaemic a patient had become, and with medicine to make new blood the patient soon got well.

All the blood in the body is nourished and kept rich and red by the food taken daily, but when, for any reason, a person is run down and cannot make sufficient blood from the food to keep the body in health, then a blood-making medicine is required. The simplest and very best of blood-makers suitable for home use by anyone, is Dr. Williams' Pink Pills.

When a course of these pills is taken their good effect is soon shown in an improved appetite, stronger nerves, a sound digestion and an ability to master your work and enjoy leisure hours. For women there is a prompt relief, or prevention of ailments which make life a burden. As an all-around medicine for the cure of ailments due to weak, watery blood no medicine discovered by medical science can equal Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail for 25 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

German Newspapers Exult Over Havoc Wrought by Hun Armies.

The brutal vindictiveness of the retreating German forces on French soil, when nothing that remotely resembled "property" was left unspoiled, is described by the military correspondent of the Berlin "Lokal Anzeiger" in this manner:

"In the course of these last months great stretches of French territory have been turned by us into a dead country. It varies in width from ten to twelve kilometers (six and a quarter to seven and a half or eight miles) and extends along the whole of our new position, presenting a terrible barrier of desolation to any enemy hardy enough to advance against our new lines. No village or farm was left standing on this glacial, no road was left passable, no railway-track or embankment was left in being. Where once were woods there are gaunt rows of stumps; the wells have been blown up; wires, cables, and pipe-lines are strewn about. In front of these positions runs, like a gigantic ribbon, an empire of death."

The Berlin Tageblatt is also found gloating over this destruction of the dwellings and property of helpless peasants in this brief writing:

"And the desert, a pitiful desert, leagues wide, bare of trees and undergrowth and houses. They saved and hacked; trees fell and bushes sank; it was days and days before they had cleared the ground. In this war-zone there was to be no shelter, no cover. The enemy's mouth must stay dry, his eyes turned in vain to the wells—they are buried in rubble. No four walls for him to settle down into—all leveled and burned out; the villages turned into dumps of rubbish; churches and church-towers laid out in ruins athwart the roads."

All this was done in the territory which the French armies had to cross before reaching their present position before St. Quentin. But to what avail? It checked them not a bit. Across the desert waste they built highways and rebuilt roads. The war were poisoned. The armies laid waterpipes for their supply. Every farmhouse and peasant's cot was reduced to dust. They carried their own shelter. The 'terrible barrier of death' was to them no barrier, only a reason why they must push forward with renewed strength and determination to hew down the vandals guilty of the barbarous destruction. Now in front of St. Quentin they see the Boches engaged in the same work preparatory to their next fight.

Manure never is so good as the day it is made.

Minard's Liniment Cures Diphtheria.

HEMSTITCHING

On Blouses, Dresses, Table Linen, &c.

Accordions and Knife Pleating. Covered Buttons made from your own material. Braiding and Embroidery. Our New Illustrated Catalogue is just in, and we want every lady in Ontario to have it.

Write For It—It Is Free

TORONTO PLEATING CO.

14 Broadalbane St. Dept. W. Toronto

TEA IN 25-TON LOTS.

Military Convalescent Hospitals Use Enormous Quantity.

The Military Hospitals Commission have ordered 50,000 pounds of tea to slack the thirst of returned men. There's nothing drier in prohibition propaganda than the convalescent Canadian. He wants tea, good stiff black tea three times a day, and the cooks in the convalescent hospitals under the direction of the Commission are going to be ready for him.

The 25 tons just ordered will only last a few months with 113 institutions, some of whom are requisitioning tea in ton lots, to supply. There is no limit put on the tea allowed a man; he can drink as many cups each meal as he wants, and after long months of measured rations in trenches and the hospitals in England, he drinks as though he had been raised on salt fish.

Tommy takes his tea with all "the trimmings" especially sugar. War, instead of weaning him away from his taste for sweet things, has increased his desire for them.

In one instance where the population grew in such proportions that the kitchen facilities were inadequate for a few weeks, it was put up to the men whether they would have tea or soup for dinner and the vote went overwhelmingly for tea.

Minard's Liniment Cures Colds, &c.

Make permanent bulb beds now. There may be no Holland bulbs to be had next year.

MURINE Granulated Eyelids,

FOR YOUR EYES. No Stinging, Just Eye Comfort.

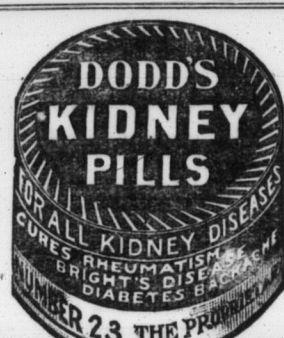
Murine Eye Remedy At Your Druggist's, or by Mail, in Tubs of 25c. For Bulk of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

A Gravel Crusher.

A policeman, with more than usual avoirdupois and expanse of shoe leath, had just passed a little terrace with a bit of garden in front, when a small boy ran after him.

"Halloo, kiddie!" said the arm of the law, genially, "what can I do for you?"

"Mother sent me out," answered the youngster, "to ask you if you would mind walking up and down our path for a minute or two. It's just been gravelled, and we ain't got a roller."



PAINT NOT A BIT! LIFT YOUR CORNS OR CALLUSES OFF

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right off. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.

ISSUE No. 44—17.

Their Desire.

In a certain mill it was the custom to pay the workers fortnightly. Finding this practice somewhat inconvenient, the employees decided to lay the matter before the manager of the firm. An Irishman, well-known for his persuasive powers, was selected as their delegate, and he duly appeared before the manager. "Well, Michael, what can I do for you to-day?"

"Please, sir," said Mike, "O've been sint as a delegate by the workers to ask a favor of ye regarding the payment of wages." "What do they want?" "Sor, it's the desire of meself and of ivry man in the firm that we receive our fortnightly pay each week!"

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Try making a strawberry bed in rich, deep soil. The bed need not be large. Make the soil from three to five feet deep, as rich as it is deep, and compare the fruit from this plot for size and flavor with fruit grown on ordinary soil a foot deep.

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product. This gross imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

There are ants in Mexico which will attack a hive of bees and destroy it in a night.

The rat is a thief and a disease carrier. Rats kill chickens, steal crops and damage property. Kill the rats and remove useless structures that harbor them. Farmers should have a rat day several times a year, getting together on that day for the destruction of rats.

A Policeman's Story.

A policeman, with more than usual avoirdupois and expanse of shoe leath, had just passed a little terrace with a bit of garden in front, when a small boy ran after him.

"Halloo, kiddie!" said the arm of the law, genially, "what can I do for you?"

"Mother sent me out," answered the youngster, "to ask you if you would mind walking up and down our path for a minute or two. It's just been gravelled, and we ain't got a roller."

Ah! That's the Spot

Sloan's Liniment goes right to it. Have you a rheumatic ache or a dull, dragging neuralgia pain? You can find a quick and effective relief in Sloan's Liniment. Thousands of homes have this remedy handy for all external pains because time and space it has proved the quickest relief.

So clean and easy to apply, too. No rubbing, no stain, no inconvenience as is the case with plasters or ointments. If you once use Sloan's Liniment, you will never be without it.

Generous sized bottles, at all druggists, 25c., 50c., \$1.00.

Sloan's Liniment KILLS PAIN

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree that Sloan's Liniment is a most valuable remedy for eye troubles. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would be so sore that I could not sleep. It was like a miracle to me."

A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seemed clear. I can read even fine print without glasses. Another who used it says: 'I was bothered with eye strain caused by overwork, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them could not read my own name on an envelope or the typewriting in a reasonable time, and multitudes more have discarded my long distance glasses altogether. The trouble and expense of ever getting glasses."

Dr. Beck, an eye specialist of twenty years' practice, says: "A patient came to me who was suffering from Buphthalmia Marginalis with all the concomitant symptoms, as morning aggritation of the lids, chronic conjunctivitis and epiphora. Her eyes, when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Sloan's Liniment. She used the treatment and not only overcame her distressing condition, but strange and amazing as it may seem, she strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100%."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious ophthalmic diseases with Sloan's Liniment and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative treatment I prescribed Sloan's Liniment and in 24 hours the secretion had ceased, inflammatory symptoms began to subside, and in seven days the eye was cured. Sloan's Liniment restored his normal vision. Another case of extreme convergent strabismus was cured by the timely use of your collyrium. The patient's external muscles yielded to the soothing and anodyne effects of Sloan's Liniment. I have used Sloan's Liniment after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. By cleansing the lids of secretions and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of 'discharged' eyes."

Dr. Connor says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopical research work. Sloan's Liniment, according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Sloan's Liniment. If you want to strengthen your eyes, go to any drug store and get a bottle of Sloan's Liniment. Drop one Sloan's Liniment tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had used Sloan's Liniment.

Note: A city physician to whom the above article was submitted, said: "Yes, Sloan's Liniment is a remarkable eye remedy. Its constituent ingredients are well known. I am a specialist in eye diseases and I have used it very successfully in my own practice on patients whose eyes were strained through work or in old age. I can highly recommend it in case of weak, watery, itching, smarting, itching, burning eyes, red lids, blurred vision or eyes inflamed from exposure to smoke, sun, dust or wind. It is the very best preparation I feel should be kept on hand for regular use in almost every family." Sloan's Liniment is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee its strength and effectiveness in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by Dr. Tumbly and Dr. Connor & Co., Toronto.



A large proportion of the American corn belt will harvest one of the greatest corn crops in history. Many fields will make over seventy-five bushels per acre in regions where the land is rich and the season long enough for corn to do its best. This will compensate for much of the deficiency of frosted areas.

MONEY ORDERS Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Frozen corn makes good silage, says Prof. C. Larsen of South Dakota State College. Corn that has been frozen will not make quite as good-colored or palatable silage, but when winter comes the cows will not discriminate against it.

Minard's Liniment Cures Distemper.

Put farm and garden implements in proper order before putting them away for the winter.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whiten and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

CUTICURA HEALS BAD DISFIGUREMENT

Very Itchy. Burned at Night. Could Scarcely Sleep. Healed in One Week.

"My face became very red and swollen and broke out in watery blisters. Then it got very itchy and used to burn so that at night I could scarcely sleep. Later the blisters broke out forming hard scales and my face was badly disfigured. Then I used Cuticura Soap and Ointment and in about a week's time I was completely healed."

(Signed) Lloyd Brady, Breckenridge, Colo., May 25, 1917.

Skin troubles are quickly relieved by Cuticura. The Soap cleanses and purifies, the Ointment soothes and heals.

For Free Sample-Box by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Chicago, Ill.—"For about two years I suffered from a female trouble and was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had another health. I weigh 165 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound."—Mrs. J. O'BRYAN, 1755 Newport Ave., Chicago, Ill.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down, indigestion, flatulency, indigestion, dizziness, and nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

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