

ROYAL YEAST CAKES

HAS BEEN CANADA'S FAVORITE YEAST FOR MORE THAN 30 YEARS

MADE IN CANADA

WHAT GERMAN "FREEDOM OF THE SEAS" REALLY MEANS

(New York Sun.)

The phrase "freedom of the seas" has been a favorite locution with Germans since they began the war against civilization. They have sought to picture England as a brutal and despotic ruler of the great waters, restricting and confining other nations in their use of the oceans. The attempt has not been a success; the existence and prosperity of a tremendous German merchant fleet have been too obvious a refutation of the charges of British discrimination to be concealed. It has been apparent that when a German statesman talked of "freedom of the seas" he meant freedom for Germany and for nobody else. But the truth has not been acknowledged by Germany's spokesmen, for good and sufficient reasons.

It is interesting, therefore, to find the facts of German purpose bluntly declared on respectable German authority, by Professor Ehrenberg, in the Vossische Zeitung. Not the oceans open to all on terms of exact equality, which has been the situation for years but the oceans a series of German lakes is the object of the war on its naval side. He writes:

"The victory at Constantinople (the alliance with Turkey) is the first step toward a naval victory. Thanks to that victory we have leaped across England's power in the Mediterranean, and thus we have become a naval power, thanks to a victory on the land. We must go on in the same direction, and there shines clearly before us our last object for the attainment of the freedom of the seas—the domination of the Suez Canal."

"By the possession of the Suez Canal we would have in our hands the core of the British Empire, and the latter would thus be deprived of its poisonous tooth. And we would in this manner become the rulers of the bridge to the second great part of the world and the neighbors of the Indian Ocean. We would get out of the Middle European press—the moist triangle; we would not care what is going on in the Atlantic."

"Egypt must be our aim; and if we cannot reach it right now we must get to it as closely as possible; this means that we must add to our Constantinople naval victory further victories; we must capture the Suez Canal and hold it for a victory in our future naval and colonial war."

In this conception of freedom of the seas there is no passage indicative of liberty, equal rights or common privileges. The keynote of the whole is domination; German domination, "capture" of Suez for "victory" in the future naval and colonial war. The British Empire must be "deprived of its poisonous tooth"; the poison, apparently, so far as the seas are concerned, finding its expression in a policy that made profitable the building and operation of splendid argosies for world-wide trade by every nation in the world that cared to embark in such enterprises. Germany herself was one of the greatest beneficiaries from the operation of this policy. Had Great Britain's leadership in shipping been founded on curtailment of the opportunities of other

It is fine for cleaning cans - says the dairyman

Comfort Lye

nations, no such fleet of carriers as that which flew the red and white and black of the German Empire before the Kaiser challenged the world could have come into being.

In this as in other things altruistic words from German tongues mean only selfish German projects thinly veiled or temporarily hidden. German "freedom of the seas" connotes German seas, verboten to all whose presence does not fit German designs or serve German ambition.

Calories of the Egg.

The nutritive value is measured in terms of calories. The white of an average egg weighs about 25 grams, consisting of water, proteins and mineral matter. The proteins of the white contribute about 15 calories to the total nutritive value of the egg. The yolk, if this same average egg weighs about 15 grams including water, proteins and fats. Its protein furnishes about 23 calories from the yolk. Scramble your egg and you will have about 68.4 calories.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery come on so quickly that often a little life is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during the hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Worth Remembering.

When preparing a chicken, try rubbing the inside with a piece of lemon and you will find it very good, as it whitens the flesh and makes it more tender.

To keep a chimney free of soot, occasionally sprinkle a little saltpetre over the fire. Teaspoonful is enough.

Always sew buttonholes shut before washing a sweater or any other wool garment where buttonholes are liable to stretch.

Grease stain on leather may be removed with benzine. Wash the spot afterwards with beaten white of an egg.

To remove fingermarks from white enamel, rub with a moist cloth dipped in washing.

A colored or faded blouse may be bleached white by boiling in cream of tartar solution.

Equal parts of turpentine and ammonia will remove paint.

To resort color taken out by acetone ammonia (sal volatile, or hartshorn); drop on the faded spot.

When traveling dip the tops of corked bottles in hot paraffine before packing them and the contents will never spill or leak out.

Use benzine or gasoline for cleaning purposes only during the daytime and in the open air or in a well-ventilated room containing no open flame.

Minard's Liniment Relieves Neuralgia

Horses Loyal to Cavalry.

Displaying almost human instinct, 100 horses turned over to the remount station by the First New York Cavalry when that organization was transferred into machine-gun companies, demonstrated their disapproval of the reorganization by stampeding, relates the Brooklyn Eagle. The horses paid no attention to military discipline, broke down the barricade of the remount station and galloped over to the picket line of the First Cavalry, their old rendezvous. Many of the horses took positions in front of the tents of officers and soldiers who have ridden them for years. An alarm was spread and the cavalrymen were compelled to corral their former dumb associates and drive them back to the remount station.

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

FRANK J. CHENEY,
A. D. 1898.
Notary Public.
Hall's Catarrh Medicine is taken internally and acts through the blood on the Mucous Surfaces of the System. Send for testimonials, free.

Our Other Selves.

The old Hebrew sages declared: "Wisdom cometh from the opportunity of leisure." It does not mean that a wise man must belong to what we call the leisure classes. It means that if one has only a little free time at his disposal, he must use that time for the refreshment of his hidden selves, says S. M. Crothers in the Atlantic. If he cannot have a Sabbath rest of hours, he must learn to sanctify little Sabbaths, it may be of 10 minutes' length. In them he shall do no manner of work. It is not enough that the self that works and receives wages shall be recognized and protected; the world must be made safe of our other selves. Does not the Declaration of Independence say that every man has an inalienable right to the pursuit of happiness?

Minard's Liniment Cures Dandruff.

When a man complains that he has one foot in the grave the undertaker shouldn't count his chickens before they are hatched.

It Has Proved a Revelation

-To Millions of Tea Drinkers

"SALADA"

Rich in Flavor - Absolute in Purity.

Sealed Packets Only . . . } TRY IT!

Black-Green or Mixed

Appointed Chief Engineer

M. R. J. M. R. Fairbairn has been appointed chief engineer of the C. P. R. system, replacing Mr. J. G. Sullivan, chief engineer, who is retiring to enter private practice. In the announcement issued by Sir George Bury, Vice-President, and approved by Lord Shaughnessy, the President.

Too much credit cannot be accorded Mr. Fairbairn, whose rise has been the result of sterling service rendered the company since he joined them in 1892. Mr. Fairbairn was born in Peterborough 45 years ago. He entered the Toronto University, where he graduated.

Following a short private practice in British Columbia, Mr. Fairbairn joined the Canadian Pacific Railway in June, 1892, in the Engineering Department and became Assistant Engineer at Montreal, August, 1901, and Resident Engineer at Ottawa 12 months later. After three years in the Ottawa Division, he returned to Montreal as Division Engineer, and was transferred to Toronto some months later, from which place he returned to Montreal in November, 1907, in a similar capacity. It was in October, 1908, that Mr. Fairbairn was made Principal Assistant at Montreal, two years later being promoted to Engineer of Maintenance of Way, and in June, 1911, was made Chief Engineer of Eastern Lines, a position he occupied up to the time of his present promotion, which is the highest railway position attainable.

J. M. R. FAIRBAIRN.

SMOKE TACKETTS

T & B PLUG

WARTIME BISCUITS.

Oatmeal biscuits are very good. To make them take 3 ounces medium oatmeal, 2 ounces flour, 2 ounces mashed potato, 1 ounce dripping, a pinch of salt, 1/2 teaspoonful of baking powder and water to mix.

Mix the oatmeal and flour together in a basin, add the baking powder and the salt, and rub in the fat. Next add the potatoes and mix well. Add sufficient water, about a gill, and roll to a fairly firm paste. Turn out on to a floured board, roll out 1/4 inch thick.

Cut into round or square biscuit shapes, place them on a greased baking tin, and bake in a moderate oven from 15 to 20 minutes.

Blind Best Watch Repairers.

Blind people—those who have been born blind—are, as well known, exceedingly clever with their fingers, but it is not often that one hears of a watchmaker who was born blind, and yet there have been instances of the kind.

A famous blind watchmaker lived at Hobeach. His name was King, and, although completely blind, he could take to pieces and put together again watches of most delicate construction with the greatest ease and in quicker time than most watchmakers who have the advantage of good eyesight.

On one occasion some of the tiny wheels and screws used in the trade were stolen from him, but the thief was captured with the property on his person, and King identified it by his delicate sense of touch. Another watch and clockmaker brought up his blind son to the trade, and he proved so skillful that on more than one occasion he detected faults in timepieces which other tradesmen had failed to discover. Exchange.

MAKE YOUR OWN BREAD

Save Your Money

Enjoy Good Health

Domestic economy is going to win the war against the Hun. Sanitative home methods of food preparation will win the war against disease.

Victory in both instances is assured by using the

"Canuck" Bread Mixer

Four loaf size \$3.00

Eight loaf size \$3.50

The "Canuck" is quick, clean, efficient and economical.

Buy from your local dealer, or order from us direct, at charges paid.

E. T. WRIGHT CO., Limited

HAMILTON, CANADA

BEAUTY AND TIME.

The rose in the garden slipped her bud, And she laughed in the pride of her youthful blood. As she thought of the gardener standing by— "He is old—so old! And soon he must die."

The full rose waxed in the warm June air, And she spread and spread till her heart lay bare; And she laughed one more as she heard his tread— "He is older now—he will soon be dead!"

But the breeze of the morning blew and found That the leaves of the blown rose strewn— And he came at noon, that gardener old, And raked them gently unto the mould.

And I wove the thing to a random rhyme; For the rose is Beauty; the Gardener Time.

—Austin Dobson.

Why People Feel Depressed in the Cold Weather

Why is tireless and languor so prevalent just now? A physician explained that the cold of winter drives blood from the surface of the body to the liver. Normally one-fourth of the whole blood supply is in the liver, and when more blood is accumulated in that organ everything goes wrong.

No better remedy exists than Dr. Hamilton's Pills, which are composed of such vegetable extracts as Mandrake and Butternut, and possess wonderful liver stimulating powers. They put new life into worn out bodies, build up the appetite, bring back a reserve of nerve energy, tide folks over the cold days of winter and the depressing days of spring. For your health and body comfort get a 25c box of Dr. Hamilton's Pills to-day.

Buttons Made From Yeast.

Buttons are now made from the spent yeast which collects in the vats of breweries. It is dyed, grained and pressed into any shape, and it has the great advantage over horn and bone that it grips as in a vise any metal part—a shank, for instance—that is pressed into it.

To Brighten Wood.

Don't use soap and water on your kitchen woodwork if it is varnished. A solution of kerosene and water may be "smelly" for a little while, but it brightens up the natural wood wonderfully.

OPTEN.

(London Opinion.)

Visitor—Have you ever been bitten by a mule?

Soldier—Have I? Say mister, the longest time I ever went without gettin' bitten was a week I was in the hospital.

Office Boy—I tell ye the editor ain't in. I've just looked. "That's too bad. I wanted to pay him some money I owe him." "Wait a second. I'll look again."—Life.

ISSUE NO. 30, 1918

HELP WANTED.

SHOEMAKER WITH TOOLS—NEW work and repairing. Reid Bros., Bothwell, Ont.

MISCELLANEOUS.

IT IS ALWAYS SAFE TO SEND A Dominion Express Money Order. Five dollars costs three cents.

FARMS FOR SALE.

SASKATCHEWAN WHEAT LANDS. In famous Goose Lake district. Communicate with W. M. Roberts, 50 College Street, Toronto, or Zealanda, Sask.

VALUABLE FARM FOR SALE. ONE hundred acres. Seven miles from Toronto, excellent grain or dairy farm; good buildings and orchard; never-failing spring. Apply 294 Simcoe Street, Toronto.

FOR SALE—LOT 20, CONCESSION 5. Township of Vaughan; one hundred acres; large brick house; barn, 75 ft. by 32 ft.; stone foundation; will accommodate 16 head of cattle; also stable for 6 horses; pig pen, hen house; 1 1/2 acres orchard; six fences; fifteen miles from Toronto. T. H. Steele, Nashville, Ont.

FOR SALE.

FOR SALE. 25 H. P. PORTABLE Fairbanks-Morse gasoline engine in good condition; cheap. Apply to Hylop & Sons, Greenville, Ont.

AGENTS WANTED.

AGENTS WANTED—YOU CAN make it your county, with our fast selling Combination Cooler. One salesman makes \$38.50 the first month. Another agent sells 20 in two hours. Others cleaning up \$40 daily. No capital necessary. Goods shipped to reliable men on time. Territory going fast. Write quick to secure your field. Combination Products Co., 111 Main Street, Foster, Que.

LET A woman ease your suffering. I want you to write, and let me tell you of a simple method of home treatment, send you ten days' free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak, tired feelings, headache, backache, bearing-down, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me to-day. Address: Mrs. M. Summers, Box 9 Windsor, Ont.

Big Things.

The greatest structure ever raised by the hand of man is the great Pyramid of Cheops, founded 4,000 years ago, and measuring 746 feet square on the base and 48 feet high. It took 20 years in construction; 10,000 men worked for three months, and, being then relieved, were succeeded by an equally large corps. The massive stones were brought from Arabia, 700 miles away. The cost of the work is estimated at \$145,000,000.

Iodine Worth Having.

Always keep a small bottle of iodine in the emergency closet. Paint it into cuts or bruises; it is an excellent antiseptic and hastens healing. Also good for insect bites. For enlarged joints paint every night; relieves the inflammation in three or four nights.

Minard's Liniment Cures Burns, Etc.

Scientific Jottings.

High prices paid for old rails, scrap iron and steel, etc., were a contributing factor in the abandonment by railroads of the United States of 942 miles of track in 1917.

A motor car designed for physicians is equipped for use as an ambulance in case of emergency.

The consumption of rabbits is greatly increasing, owing to the scarcity of other meat. Incidentally the country is being rid of a crop-destroying pest.

By-product cooking doubled its capacity in the last three years in the United States.

The discarded shoes of the English soldiers are carefully saved and the pieces of leather utilized in hundreds of ways and what is left is made up into a patent street-paving material.

Before the war 90 per cent. of the artificial colors and dyes were imported, five or six concerns with 400 operatives producing 3,500 short tons per year. Now there are over 200 enterprises, each making crudes and intermediates.

A socket wrench mounted on a motor saves much time in the assembling of automobiles and similar work.

"Love will find a way," chirped the Optimist. "Yes, even if it is only a way out," added the Pessimist.

MAKE YOUR OWN LAGER BEER

At home—no special equipment—From our pure and popular Hop-Malt Beer Extract

Conforming to Temperance Act

This is a Food Beer, more delicious, nourishing and better than any malt beverage you can buy in bottles. Drink all you want of it. Easy to make. The drink that cheers but does not inebriate. Rich, creamy foam, natural color, snap and sparkle. Your friends will confirm your opinion—"The best I ever tasted."

Large can, makes 7 gals. \$1.75

Small can, makes 3 gals. \$1.25

Sample can, makes 1 gal. 50c

Send money order or postal note. Prepaid throughout Canada. Agents wanted everywhere.

HOP-MALT COMPANY, LTD.

(Dept. W.R.3.) 92 King St. West Hamilton, Canada.