

MARY AND MARTHA.

Canadian Patriots at Home and Abroad.

All Canadians are divided into two camps; those who go to the Front, and those who stay at home. There are no other Canadians. All loyal Canadians are in one or other of these two camps. All patriotic Canadians are doing their duty either in uniform or out of it.

The man who stays at home, under the pitiless publicity of the revitalized Military Service Act, is doing his war-time duty by his country if he eats potatoes three times a day, cuts out wheat, does essential work though menial, and puts his money into war bonds. By his mouth, his hands and his pocket, he shall be known.

No brass band parade preceded the trudging of the man-who-stays-at-home to his work. He has no uniform to perk him up. No esprit de corps binds him to his fellows, except psychically as all are bound by the prayer unuttered or expressed to win the war. He must hunt out his duty, and in the light of conscience do it even if it is distasteful. He is lonely and his heart is heavy, for his spirit is in the trenches. Yet he must follow his solitary furrow to the end, and the incentive is not tintured with glory, but merely with duty.

Prosaic though it may be to talk of potatoes and Johnny Cake, yet these are the humble weapons that must be used to enable the man-who-stays-at-home to walk the chalk line of duty. Potatoes or beans take the place of wheat bread in the wholesome diet. Fish is a perfect substitute for beef and pork products. Buying war bonds, no matter how small a number, helps Canada to finance the food purchases for the allies. Digging in the soil has merit, not only in producing more food, but also in discipline. It is duty.

These are the tasks the war has set for the man who can't go to the front. How trivial they appear in contrast with the heroic things the man in the trenches has a chance to do! Yet every man to his task, for it is not the task but the spirit with which it is done that counts, when every man has found his place in the scheme of efficiency that will win this war.

Martha was no less helpful than Mary, though they were not called to do the same thing.

Mounted Police in Boer War.

The units to which the R.N.W.M.P. directly contributed during the South African War were notably the Second Battalion, Canadian Mounted Rifles; Lord Strathcona's Corps, which embarked by S. S. Monterey at Halifax on March 16, 1900; the Canadian contingent of the South African Constabulary, which sailed during the subsequent spring, and the Third, Fourth, Fifth and Sixth Regiments of the Canadian Mounted Rifles (generally known as the Third Contingent), which sailed from Canada in May of 1902.

The R.N.W.M.P. gave directly to H. M.'s forces for the Boer War no fewer than eighteen officers and one hundred and sixteen non-commissioned officers and men, with four officers and thirty-eight rank and file also to the South African Constabulary, or a total contribution to the South African War in man-power of 245 of all ranks.

Sergt. A. H. Richardson (trooper in the scarlet of the force) at Wolvespruit on July 5, 1900, won the Victoria Cross by riding back under an exceptionally heavy fire to within three hundred yards of the enemy's position, in order to rescue a twice-wounded comrade whose horse had been shot from under him. During that campaign the Companionship of the Order of the Bath also was conferred upon Supt. S. B. Steele (then risen to a lieutenant-colonelcy and commanding Strathcona's Horse, but since become a general of the line); two of the erstwhile troopers of the northern wilds were decorated as Companions of the Distinguished Service Order; one won distinction as a Fourth Class member of the Victorian Order, and four gained by their gallantry the Distinguished Conduct Medal.

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Our Neighbors

Items of Interest Gathered by Review Correspondents

Rock Chapel

Mr. Hiram Dymont is in Toronto this week showing his fine herd of cattle.

Mr. Abe Higginson, of Goderich, has come to Mr. Jake Sheppard's to accompany his wife to Toronto Exhibition.

Mr. W. D. Flatt gave a splendid address to the Sunday School last Sunday. He also presented the school with a beautiful framed motto, asking for volunteers in Sunday School work.

Mr. Frank Binkley met with a slight accident which prevented him from being in his accustomed place in Sunday School last Sunday.

Rev. S. J. and Mrs. Kelly, of Owen Sound, with their daughter, Mrs. Dr. Ritchie, were visitors at Garwood Sheppard's this week.

Mr. and Mrs. Reynolds are visiting their daughter, Mrs. W. J. Chappel.

Mr. and Mrs. Chas. Graham, of Toronto, were visitors with her sister, Mrs. Davidson.

Mr. and Mrs. Vrooman, of Queenston, are visiting with Mrs. Thos. Connell.

Mr. and Mrs. Caldwell are spending their vacation at Bolton.

Mr. and Mrs. R. S. Doidge, of Hamilton, spend Sunday at the Sheppard homestead.

Rev. Mr. Albright is back from his holidays and delighted his audience last Sunday. We were especially pleased to see so many friends up from Dundas.

Threshing in this vicinity is now in full swing. The yield, especially of oats, is very heavy; other grains are also turning out well.

Maple Sugar.

Reports reaching the Canada Food Board indicate that the maple sugar season this year will be a very busy one. Trees were tapped in southwestern Ontario during the first week in March and a good run of sap resulted. From all districts come reports of unusual activity. Farmers who have received circular letters from the Canada Food Board have, in many cases, in reply told of their plans and of their special efforts to increase production this season. At Oka, on Lake of the Two Mountains, the Trappist Monks will tap 5,000 trees, according to a letter received from Rev. Father Tremblay. "We have tapped every maple tree that we can find," he writes, "and are making a specialty of sugar and syrup of the best quality." Mr. J. H. Grimm, of the Grimm Manufacturing Co., says that he has been positively overwhelmed with orders from farmers for sugar-making equipment.

Catch the Wasters.

Anybody who discovers cases of waste of food may notify the legal authorities, who have power, under the new order, to take action. Willful or careless waste has become illegal, and municipalities who secure the conviction receive half the fine, while provincial officers securing the conviction receive half the fine for the province.

Millgrove

Mr. and Mrs. Julian Smith, of Hamilton, are visiting in the neighborhood.

Mr. and Mrs. Arthur McIntyre are visiting with Mr. McIntyre, Simcoe.

Mrs. Ernest Tufgar is on the sick list.

Miss Ethel Flatt, of Binkley church, will address the Sunday school next Sunday morning.

The Evaporator factory is undergoing repairs previous to starting business.

Mrs. Reid is visiting at Mr. Binkley's near Hamilton.

Rev. Albright has returned after his vacation.

Jas. E. Foster is visiting friends in St. Catharines.

Greenville

Miss Nellie Betzner spent the week-end with Edna Jerome in Dundas.

Miss Mary Jackson, of Ottawa, is home on a visit.

Miss Evelyn Hore is visiting in Buffalo.

Miss Laura Superus is visiting at Mr. and Mrs. Arthur Stones of Hamilton.

Mr. and Mrs. Audley Morden and children of Hamilton, were visiting in the village.

Mrs. John Stutt and grand daughter Frances Slater, are visiting at Water Lake.

HEALTH COMMANDMENTS.

Don't leave your rooms in the morning with an empty stomach.

Never place your back near a heated radiator or against a wall, warm or cold.

Don't remain motionless in a cold room and do not stand in an open space, on ice or snow.

Don't leave your abode in cold weather without warm wraps around your shoulders and breast.

Never expose yourself to cold air immediately after you have partaken of a warm liquid of any kind.

Walk only when you must, for the old adage, "Speech is silver, silence is gold," holds good even in hygiene.

Don't stand before an open window in a railway carriage nor take a drive in an open carriage after violent physical exercise.

Don't retire with cold or wet feet. Nothing prevents sleep with so much certainty as the neglect of your pedal extremities.

Breathe respiration in the cold by breathing through the nose. This will give the air a chance to get warm before reaching the lungs.

Don't put off your regular bath. When the skin is not kept fresh and soft, the cold draws the pores together and you are rendered susceptible to pulmonary troubles of all kinds.

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WATERDOWN**

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Men's Furnishings

Boy's Corduroy Pants. The pant for the boys for school wear. Extra strong.

\$1.75 to \$2.00

Men's natural color seamless Hose, good medium weight

40c

Men's light weight Shirts and Drawers, good full weight

\$1.00

Men's four-in-hand Ties, a good assortment to choose from

25c

STOP ALL WASTE

In these strenuous times our country demands elimination of all waste. Don't overlook the little things, they do not amount to much alone, but altogether they assume alarming proportions.

Dry Goods

Grey Wool Blankets. All good strong blankets, large sizes
\$4.00, \$4.75, \$7.00 and \$9.00 a pair

Grey Flannels are scarce goods now. We have a limited quantity at very close prices

25c, 50c and 60c per yard

Navy Blue cloth for ladies dresses or suits, good dye and good quality cloth, 47 inches wide, at per yard

\$2.50

Unbleached Table Linen, large floral design, 70 in. wide

75c

Gingham House Dresses in medium and dark blue and brown checks, trimmed collars, cuffs and pockets to match

\$2.25

Tea Aprons in 4 styles. Lace, embroidery and ribbon trimmed, with and without pockets, nice tie strings

50c each

Black moue underskirts with 12 in. flounce, nicely stitched and made of extra quality, each

\$1.50

As a patriotic war time duty every person should make a dollar go as far as possible. Compare our goods and prices and if we cannot save you money we cannot expect your patronage.

Hardware

Why are so many barns in Ontario unpainted? Paint on your barns increase the selling value of your property and also preserves the buildings. Canada Paint Company's Homestead Liquid Red for painting barns, sheds, fences etc is made with materials that will give good protection against the wear and tear of the weather. We carry Homestead Red

**See us when you are in need of Hardware
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Boots and Shoes

Our stock of Boy's School Boots is large and well assorted and the prices cannot be equalled at the present day prices. Bring the boys in and let us fit them.

Store Closed all day Monday, Labor Day

**SHOP AT HOME AND AVOID DELAYS
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This Store will close every Wednesday at 1 p. m. during May, June, July and August.