



Canada Food Board Licenses 11-003 14-116.

HAVE you tasted
McCormick's Jersey
Cream Sodas made from
Government Standard Flour
according to Government
regulations? They're crisp,
full of flavor—altogether de-
lightful.

A wholesome and economical food. Sold
fresh everywhere. In sealed packages.

McCormick's Jersey Cream Sodas

Factory at LONDON, Canada.
Branches at Montreal, Ottawa,
Hamilton, Kingston, Winnipeg,
Calgary, Port Arthur,
St. John, N.B. 87

The Harvesters' March.

BY C. M. HARGER.

With whirl and clatter on southland plain
March forth the reapers of golden grain.

Yellow the fields where the sun is high,
Plump the kernels where heavy heads
Nod and sway as the south winds sigh:
Wheat is king, and its proud reign
spreads

With the sun's advance toward colder
climes;

But here the riches have come to hand,
Earth smiles and beckons and yields
betimes

Its large reward to all the land.

A week, a month—the stubble is bare,
Robbed of the gold that nature mints
With soft-hued skies and balmy air;
On saffron acres the sunlight glints
Far to the north, and onward go
The noisy toilers who, tireless, tread
Wide prairie lands, there to and fro
Gathering sheaves for a nation's bread.

Though on and on stretch fields still green,
Yet with the sun the gold creeps in;
So come the wielders of sickles keen,
Eager the year's great prize to win—
Platoon and guard, brigade and corps,
Brave Labor's troops pursue their way;
Ne'er did an armored host of yore
Besiege such store of wealth as they.

Care and want and debt defied,
Homes adorned, fair gifts to please,
Hopes and dreams all satisfied,
Food and clothes and restful ease—
These and more the harvests bring,
These the shining leagues bestow:
Glad the song the reapers sing
As forward on their course they go!

The summer is ending on northland hill;
The march is done and the fields are still.

The Dangers From Teeth and Mouth.

BY HERMAN M. BIGGS, M.D., L.L.D.

Commissioner of Health, State of New
York, in McCall's Magazine.

It is only within recent years that we
have come to realize the vast influence
upon health which the condition of the
mouth and of the teeth have. Formerly
the care of the teeth was urged to preserve
the teeth from decay and for esthetic rea-
sons; artistic dentistry was much practi-
sed. We did not know then that many
serious infectious diseases like rheumatic
fever and septicaemia, or blood-poisoning,
and many organic diseases like those of
the heart and kidneys were caused by
neglect of the teeth and the consequent
disease which developed in the gums.

Teeth a Source of Poison.

It would be difficult in view of our present
knowledge to overestimate the importance
of this subject. If the mouth and teeth
are not kept clean, and points of decay
in the teeth are not early treated, the
germs which are always present in al-
most incredible numbers in an unclean
mouth and on the surface of the teeth
either become still more numerous and
extend down in the spaces between the
teeth and the gums, producing pus
pockets and separating the gums from
the teeth (the condition known as "pyor-
rhea"), or the decay extends in one of
more teeth until the root canal of the
tooth becomes infected by the germs and
the tooth dies. When the gum becomes
inflamed and painful, such a tooth is
spoken of as an ulcerated tooth; at the
apex of the root of such a tooth a small
pocket of pus is formed. There may,
however, be no pain or soreness around
this kind of tooth, or these symptoms may
be present only at certain times. In the
past, dentists frequently filled the cavities
in such a dead tooth, thus closing up
the infected root canal and leaving the
pus pocket at the apex, or they fitted
bridges or caps over the roots. In
either case there follows more or less
constant absorption from these pus
pockets around the teeth or at their
roots; from this absorption, consequent
severe or fatal poisoning may result.

Almost all those forms of disease which
are commonly called rheumatism—rheu-
matic fever, acute articular rheumatism,
deforming rheumatism (rheumatoid
arthritis), chronic rheumatism—many
cases of neuritis, sciatica, and other
similar conditions, are now known to be
due to those infections which most
commonly arise from diseased tonsils



ALMA LADIES' COLLEGE

(Canada's National Residential
School for Girls)

OPENS ITS THIRTY-EIGHTH YEAR
ON SEPTEMBER SIXTEENTH,
NINETEEN HUNDRED AND EIGHTEEN

Thorough courses in Music, Art, Oratory,
High School, Business College, Domestic
Science and Superior Physical Training
For terms, address: R. I. Warner, M.A.,
D.D., President, St. Thomas, Ont. 32

BUTTER WRAPPING PAPER

Stock Printing, "Choice Dairy Butter,"
1,000, \$2.85; 5,000, \$13.00; 10,000, \$23.00.
Specially printed with your own copy,
1,000, \$3.50; 5,000, \$15.00; 10,000, \$25.00.
Special prices on larger quantities.
Shipping charges paid on 5,000 and over.
BRITISH WHIG PUBLISHING CO.,
KINGSTON

Skilled musicians—men and women who know all
about pianos—will tell you that the

Sherlock-Manning

20th Century Piano is undoubtedly
"Canada's Biggest Piano Value"

Write Dept. 18 for Free Catalogue "T"

THE SHERLOCK-MANNING PIANO CO.
London (No street address necessary) Canada

BRUCE'S RECLEANED SEED WHEAT

We offer for early orders, cash with order Do not delay as
the demand will be large. Help win the war by growing wheat.

Wheat, Abundance—White grain, straw stiff, bald head, hardy and heavy yielder
—an old favorite.

Wheat, Dawson's Golden Chaff—White grain, straw stiff, bald head, hardy and
heavy yielder—an old favorite.

Wheat, Michigan Amber—Red grain, straw stiff, bald head, hardy and heavy
yielder—an old favorite.

Wheat, Red Rock—Red grain, stiff straw, bearded head, very heavy yielder and
very hardy—a great favorite in Michigan.

Wheat, Red Wave—Red grain, straw stiff, bald head, hardy and heavy yielder—
a grand variety.

Fall Rye, Rosen—Much heavier yielder than old sort and better in every way.
Introduced by Michigan Agricultural College.

Price of all above, 30c lb., 5 lbs. \$1.25, postpaid By express or freight at purchaser's
expense, peck \$1.00, ½ bushel \$1.85, bushel \$3.50, 5 bushels \$16.75, 10 bushels \$32.50.

Timothy—No. 1, G.S., \$6.50; No. 2, G.S., \$5.75; No. 3, G.S., \$5.25 bushel; by freight
at purchaser's expense.

Bags extra—Jute, 2 bushels, 30 cents each; Cotton, 2½ bushels, 50 cents each.

Where order amounts to \$50 we will pay freight to any Ontario point.

We have good stock Abundance, and Dawson's, and expect
Common Rye. Other varieties are offered subject to
United States allowing their export.

Write for our Wheat Circular with prices of Wheat, Timothy,
Hay, Vetch, Poultry Food, Etc.—FREE.

John A. Bruce & Co. Limited Seed Merchants
HAMILTON, ONT.

ONTARIO LADIES' COLLEGE

WHITBY - ONTARIO

Public School to Second

Year University,

Household Science,

Music: Instrumental,

Vocal,

Commercial,

Elocution, Art.

School Re-opens Sept. 11, 1918

Civic and Parliamentary

Studies, Gymnasium

Work and Swimming.

For Calendar apply to

Rev. F. L. Farewell, B.A.

Principal.