Clean, bright utensils mean clean appetizing food—use









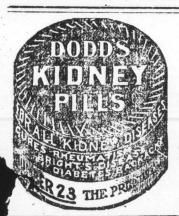
DAILY ROUTINE FOR ABLE SEAMEN A PLEASANT LIFE

Royal Naval Canadian Volunteer Re serve is Enlisting Patriots.

SEA EXPERIENCE IS NOT NECESSARY.

Wages Higher Than Pay Accorded British Sailors-Many Advantages.

As part of Canada's contribution of 500,000 men for overseas, the Do-minion Navat Department has organized the Royal Naval Canadian Volunteer Reserve, in which Canadians can serve the Empire affoat at the same rates of pay as in the Canadian expeditionary forces. Men collisting in this reserve are racked as able seamen, and paid \$1.10 per day, with \$20 per month separation atlowance to wife or dependents. No experience is necessary -men who



are physically fit and between the ages of eighteen and thirty-eight, even if they have never been at sea, are given the unusual privilege of joining the navy at full seaman's rank at a wage many times in excess of that paid the regular British navy, seasman and rated two ranks higher than that allowed ordinary "green" recruits.

The navel seamen upon enlistment r coives a full kit of clothes, consisting of two cloth caps, one white duck cap and cap covers, three duck working jumpers, two duck uniform jumpers, two serge jumpers without cuffs, serge jumper with cuifs, two eys, two check shirts, two pairs drawers, four pairs duck trousers. three pairs some trousers, two pairs socks, one pair shoes, one pair boots. drawers, 100.

If we pairs series trousers, the socks, one pair shoes, three flamels, two night shirts, two handkerehiefs, two bed covers one comforter, hammock, knife, backing brush s, wiothes brush, hair brush, seissors, soap bag, "housewife," brush, seissors, soap bag, "housewife," watch officer, and the men are inspected. After divisions, the crew the far brayers, which is followed the source of the source

require them. require them. A stock of ready-made clothing is kept in the naval depots and aboard many ships, and fisued to the men when necessary to replace lost or worn-out kit.

GOES TO HALIFAX.

After callsting at the recruiting offices in Canada the recruit is sent to Halifax, where he is fitted out with an able seaman's kit, and thence forwarded on the first ship to a naval training depot in England. A. the training about it P. C. V. R. man receives instruction in the rudiments of naval drill and discipline; is taungt the distinguishing ranks and flags; how to look after his kit and lash his hammock, and is given at least two months' preliminary instruction in rifle and bayonet drill, foot drill and as much knowledge of seamanship as can be given ashore, and a general idea of signa!'ing, naval gunnery and torpedo work.

When considered competent enough

when considered competent erough the naval seventh is drafted to a man-of-war and entered on her watch bill. A card is given him, which details him to his meas in one or other of the carious departments of forecastle men, bretop men, main-top men or quart-rdeck men, and in either the port or starboard watch and the sub-divisions thereof. In his particular watch or sub-division he is given details as to his position in event of cellision, torpede attack, outbreak of fire, going into action, or abindoning ship. Each of these manocuvres calls for different duties, and at sea he will receive his training

THE DAILY ROUND.

In addition to these special duties, there is the daily round of work, which runs something as follows: At 5.30 each morning the boatswains and ship's corporals call the men. The scamen turn out, have a wash, lash up their hammocks and bedding. and stow them away. Hot cocoa is served out from the galleys, and at 6 o'clock both the port and starboard vatches fall in on the upper deck, and the deck sweepers are told off to sweep the upper decks. Hoses are rigged, buckets and brocms served out, and the work of washing down decks begins. Cleaning the guns and scrubbing decks in the fresh morning air soon works up an appetite and when the work is finished at 7 o'clock, the call for preakfast is sounded. One hour is allowed for breakfast, cleaning up and irto the "rig of the day," that is, the cictles for the particular work the scaman is assigned. Shorly before 9 the men fall in on deck, the bugler blows "Attention," the marines pre-sent arms, and the sailors stand at the salute while the white ensign is hoisted, and the ship's band, if carried, plays "God Save the King. summer this ceremony is carried out at 8 a.m.

blacking brushes, clothes brush, hair brush, selssors, soap bag, "housewife," canh, tooth brush, cap boxes, prayer book, everalls, lanyards, etc., the whole being stowed in a brown canvas kittag—the bedding excepted, which is larged up in the hammock. Each seaman receives two hammocks. Oilskins, seaboots and watch ceats are issued to those men on daties which

certain men have their watches at wheel, lookout and signalling—the others, outside of the working parties, are being exercised and instructed in are arts of naval warfare at the guns, torpedo tubes, small arms, and manocuvres of offence and defence.

At noon, all hands are piped to din-rer, and at 1.10 p.m. decks are cleared and work commences again at 1.25 p.m. and continues until 4 p.m. when decks are cleared up ready for the evening muster at 4.15 p.m., after which the men go to tea. There is no work after this except neces is no work after this except necessary watch duties. Supper is served at 7 p.m., and 10 p.m. every man not on duty is supposed to be 'n his hammock. Saturday afternoon is generally a half-holiday, and on Sunday nothing but necessary rork is dene.

Recruiting for the R. N. C. V. R. is being carried on all ever forced. being carried on all over Canad

The Canny Scot.

The place is one of our most expen-sive and therefore popular restaur-

ants "Excuse me, sir, but don't you think it out of the question that you should occupy the principal table in this cafe and order only one bottle of ginger

McTavish-Who are you that's speakin' to me like that?

The manager." McTavish—The verra man : wanted o see. What for's the band no play-

Corns Applied in 5 Seconds Cured Sore, blistering feet from corn-pinched toes can be cured by Putnam's Extractor

Quickin 24 hours. "Putnam's" soothes away that drawing pain, ease instantly, makes the feet feel good at once. Get a 25c bottle of "Putnam's" to-day.

A Famous Welsh Fortress.

Carnaryon castle is the most splendid specimen of mediaeval military architecture surviving in Britain, not excepting Alnwick. Art and beauty were combined with strength by De Elfrean, the architect, who had been commanded to construct a palace within an impregnable fortress. Whether the mean little passage chamber in the Eagle tower was the birthplace of the infant prince whom Edward I, made the medium of such a grim practical joke upon the Welsh seems doubtful, but the main story may still be true. Every famous sol-dier who helped to make history in this corner of Britain has played some part within or without the walls of Carnarvon castle. It has been starved into surrender, but never captured by force of arms and can, therefore, claim to be considered a "virgin fortress." -- Westminster Gazette

> Minard's Liniment Relieves Neuralgia.

Every Wink an Eye Bath.

Every few seconds we wink boti our eyelids at once, although not purosely. If we stop winking, our eyes become uncomfortable and gradually ease to work as they should. When the eye is open the front of it is exposed to dirt and dust and is apt to become so dry that a painful stinging sensation results or would do so i constant moisture were not provided to cleanse and soothe the tissues.

As a matter of fact, each time we wink we wash the eye, says the Popular Science Monthly for January. Up above each eye is a tiny water has called the tear gland, and all the time we are awake it makes tears. When the front of the eye feels itself becoming a little teacher. ing a little too dry or dusty a commu nication is sent for a supply of mois-The eyelid then comes down with a tear inside it to wash clean th This is the most and perfect washing in the

PILES CURED at HOME

If you suffer from bleeding, itching blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P 8, Windsor, Ont.

MAKING ICEBERGS BY AIR VIBRATION.

It was at 5 o'clock in the morning that had my first sight of the Taku gla-ier. The sun was cheany two hours or cher. The sun was already two hours or more high, and its lays caught the feeters which Hoaced mout in the fine tang turned them to suppnires. There were hunareds of these the re masses, through which our steamer pushes its way to the face of the ice wall. The seamonth was the numberlet, with a crowd of tourists on boars, it took us right up to the glacer, so that we were within 600 feet of the ice when we biospice.

At this moment the sun struck it full At this moment the sun struck it full and the great scatt ben becomes one mass of silver frosted with diamonds and sparkling with cappilities. Where the kee breaks off the wan looks like a mighty cutting of the whitest ice cream. When the berg falls into the water it rises up in gigantic floating masses of aquamating.

in againstic floating masses of aquamatine.

As we anchored the wind seme to us over the glacier. It had been warm coming up the indet, but here the love treath of Jack Forst sent a chill to our bones. It was no cold that I could hardly write, and this cold continued curing our stay.

The captain of the steamer gave a number of salutes to show the effect of the sound. As the shick of the whistle n ade the air vibrate mighty blocks began to drop from the glacier into the sea. As the whistle continued to blow there was crash after crash, and at one time a mass as big as a New York office building broke away and slid down into the ocean. It buried itself in the water, throwing a mighty spray almost to the top of the glacier and causing great hellows to roll out to the steamer. A moment later it rose to the height of a hundred feet above the surface—Christian Herald.

Minard's Liniment for sale Everywhere.



THE POOR **WOMAN'S LAWYER**

During and after the American Civil War a horde of pension lawyers arose who filled the hall of Congress with clamorings for larger and larger pen-

claimorings for larger and larger pensions to their clients.

In Canada, so far, there has been no such development. The Canadian Patriotic Fund has acted for the woman bereft of her soldier husband, and has act in operation all machinery necessary to secure her the pension a grateful nation is proud to give to her. ful nation is proud to give to her. It has constituted itself the poor wo-man's lawyer, her pension agent, her guide and friend—and all in the name of Patriotism, without money and without price.

Minara's Liniment Cures Dandruff.

How Rochefort Hurled Ridicule.

Henri Rochefort even more than Hugo was the natural butt of those caricaturists devoted to the destinies of Louis Napoleon. But none of the cartoons directed against him could hit deeper or leave a more lasting sting than his own sallies in the columns of the Lanterne. His favorite method of attack was one which made prosecution impossible or else made prosecution impossible or else made the prosecution ridiculous. In the Lanterne one found apparently inno-cent squibs which ran comething like this: "The emperor sat yesterday for his portrait, which is being painted by M.—. M.—— has won wide dictinction as a painter of animals and it is expected that the emperor's portrait will prove a great success."— -- has won wide Exchange.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so change-able—one bright, the next cold and take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to get over the winter season in perfect sate-ty. The Tablets are sold by medicine leaders or by mail at 25 cents 'a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Old. But Wily.

Into the grocery store walked an ancient lady with a slow and halting tread, carrying on her arm a bashet containing a large earthenware pot

Placing the basket on the counter the many various purchases, which put carefully in the pot and had her bill made out.
"By the way," she said, "do you

mind keeping this pot with the pur-By New Absorption Method and pay the chases in it until I come back and pay for them, and it will be more convenicut for me to leave the things here tili later?" The request was willingly acceded

te and, lifting the pot carefully cut of the basket, the oll dame placed it with an effort in a corner; then, putting her basket on her arm, left the shop.

Hours went by, day ripened into evening, and evening gaze way to night, but the old woman did not

TREES ON PASTURE.

Poor Location Results in Loss of Fertility.

Perhaps one of the greatest sources of loss of fertility from pasture soils results from the poor location of shade trees and brush, according to the author of the Wingsing Industry of thor of the "Grazing Industry of the Blue Grass Region," a bulletin re-cently published by the department of agriculture. Trees and brush, he states, should always be set on the higher portions of the field and not along the banks of running streams, as so often is the case. With good grass the animals do not graze more than one-third of the time. The rest of the time is spent lying down or standing in the shade fighting flies. Hence much of the manure that is made does not get back directly on the land that produced the grass. If the manure produced while the animals are not grazing is deposited on the tops of the hills its beneficial ef-fects on the gracs may be noted for several rods from the hillsides. It is easy to believe that if one-half to two-thirds of the manure is lost from pasture fields and none is added the crops must gradually deteriorate

CURE FATIGUE! BUILD UP!

ONCE YOU START USING THE NEW BLOOD-FOOD REMEDY YOU'LL GET WELL QUICKLY

You're nervous and uneasy Sleep is hard to get.

Still worse, you are thin and fagged

ut. Work must be done, but where is the strength to come from?

Make your blood nutritious and ou'll have lots of strength.

Your only hope is Ferrezone, an in-stant blood-maker, blood-purifier, blood-enricher. It brings keen appetite. digests food and supplied nutrition for building up the bodily tissues,

Ferrozone makes muscle and nervefibre, increases your weight, instils a reserve of energy into the body that defies weariness or exhaustion from any cause.
For men who toil and labor, for the

office man, the minister, the teacher-to these will Ferrozone bring a new life of spirit and robust health.

For growing girls, women of all ages—no tonic is more certain. Sold in 50c boxes at all dealers, or direct by mail from The Catarrhozone Co., King-

Undoing of a Thief.

A Scottish farmer was selling wool one day to a carrier, and after weighing it he went into the house to make out an invoice. When he came back he missed a cheera that had been standing on a shelf behind the outer door. Glancing at the bag of wool he chserved that it had suddenly increased in size.
"Man," he said to the carrier, "I

bae clean forgot the weight of that bag. Let's put it on the scales once mair."

The carrier could not well refuse. The bag was, of course, found to be heavier by the weight of the choose inside. A new invoice was made out, and the crestfallen carrier went away. The farmer's wife at once missed the cheese, and rushing to the yard teld her husband that some third had stolen it.

"Na, na, Meg," replied the former, quietly, "I have just get the two shillin's the pund." London Tid-

Minard's Liniment Cures Burns, Etc. AFTER-CHRISTMAS GRATITUDE.

Or What We Would Really Like to Say.

Dear Friends, I thank you one and all For thoughtful gitts bestowed. The sewing bags (or which I have Already quite a load!) The red sik stockings,

Ted.
The cushion for my living room
That kills the curtains dead!
The many-colored centrepiece
To set the lamp upon
(Too bad it's quite impossible—
The room is all certonne).
The picture in the lancy frame
(A seventh-rate spraine).
And though I hate if
I must note it will be set to the picture of the picture of the lance of the picture.

And though I have it will be seen. I must hang if there it will be seen. But most of all I trank you fer The Christmas bills I owe Twill help to build my character Twill help to build my character —Elsie Parrish.

At last the proprietor thought of examining the earthenware not to see if by any chance it had the owner's address upon it, and great was his astonishment, not untinged with dismay, to find that it possessed no bettom!

Nowadays that shopkeeper is very nowadays that shopkeeper is very not one long line of cocca bags on the Nowadays that shopkeener is very suspicious of pots in baskers.—Pitts-burg Chronicle.

ISSUE NO. 3, 1917

HELP WANTED

WANTED-GIRLS TO WORK ON knit underwear-seamers and fin-ished stitchers preferred. We also teach learners, any girl with good knowledge of plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

WANTED-A GOOD GENERAL SER-vant for small family; highest wages; comfortable home. Address, Mrs. John Eley, 25 Homewood Avenue, Hamilton, Ont.

NEW YEAR'S MESSAGE FROM THE **GOVERNOR-GENERAL**

Ottawa, Dec. 30.-His Excellency the Canadian Patriotic Fund has is sued the following New Year's appeal

on behalf of the Fund:
Twice His Royal Highness the Duke of Connaugh: appealed to the people of Canada: in support of the Canadian Patriotic Fund. The prompt and generous response on each occasion proves how truly Conada appreciates the debt which else owes to her sons who are which she owes to her sons who are fighting for the Empire. Heavy as the sacrifices have already been, the Dom-inion is as determined as ever to carry inion is as determined as ever to carry
the war to a successful conclusion and,
however onerous the burden may be,
she is equally determined to help the
families of hose who are serving in
the army and in the navy. The administration of the fund has been
most successful and economic and subscribers can be fully assured that their ontributions are being expended to

the best advantage.
Fifty-five thousand families, comprising one hundred and fifty thousand individuals, are to-day dependent up-on the fund and it is estimated that twelve million five hundred thousand dollars will be required to meet the requirements of the next twelve

months. The sum is a large one but when the circumstances are fully realized I am confident that the people of Canada will willingly contribute the amount necessary for the fund to continue its

patriotic and beneficent work. (Signed) Devonshire.

His Plans.

The lady visitor was kindly and well meaning. As she chatted with a burglar who had been sentenced to six menths' imprisonment, the though

"And now," she said, "have you any plans for the future on the expiration of your sentence?"
"Oh, yes, ma'am," he said, hopefully.

"I've got the plans of two banks and a post office."—Exchange.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Uniment but MINARD'S, and we can recom-mend it highly for sprains, bruises, pains or tightness of the chest, sore-ness of the throat, headache, or any-thing of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD. Lallave Islands, Lunenburg Co., N.S.

The Trainman's Jovs.

A woman swayed back and forth in aisie on the front car on train

There are plenty of seats in the

rear cars, madame," said the con-ductor, politely.
"Let 'em stay there," she smapped back pettisnly. "Woat I want is more vacant cars in the middle of the train. If you don't provide them so's can get a seat when I want it I'll amplain to the management and to the Interstate Commerce Commission.

She got what she wanted-standing room.-Rock Island Emp. Magazine.

Seats in the rear car, indeed! I want a seat in the middle car or none at

Re-Christened.

Two brothers of the name of Lawes, reating a disturbance at the Dublin theatre, were called to order by the celebrated Felix McCarthy, who was in the same box. One of them, presenting his card, said: "You shall hear from one of us. Our name is Lawes." "Lawes, is i?" quoth Felix. "Then I'll give you an addition to your name," and, exerting his well-known strength, handed them out of the box, exclaiming. "Now, by the powers, you're both outlaws!"-Ropowers. chester Times.

The cook that prepares a good dinner is greater than the makes an after-dinner speech.





2 and 5 lb. Cartons—
10, 20, 50 and 100 lb. Bags. Canada Sugar Refining Co., Limited, Montreal.