

Clean, bright utensils mean clean appetizing food—use Old Dutch



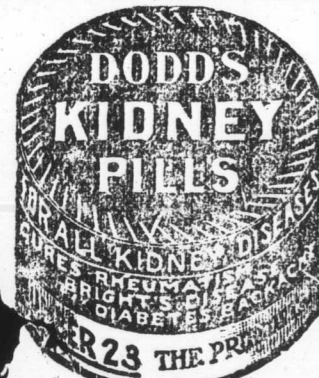
DAILY ROUTINE FOR ABLE SEAMEN A PLEASANT LIFE

Royal Naval Canadian Volunteer Reserve is Enlisting Patriots.

SEA EXPERIENCE IS NOT NECESSARY.

Wages Higher Than Pay Accorded British Sailors—Many Advantaged

As part of Canada's contribution of 200,000 men for overseas, the Dominion Naval Department has organized the Royal Naval Canadian Volunteer Reserve, in which Canadians can serve the Empire afloat at the same rates of pay as in the Canadian expeditionary forces.



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 seaman and rated two ranks higher than that allowed ordinary "green" recruits.

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

GOES TO HALIFAX.

After enlisting 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.

When considered competent enough the naval seaman is drafted to a man-of-war and entered on her watch bill. A card is given him, which details him to his mess in one or other of the various departments of forecastle men, foretop men, main-top men or quarterdeck men, and in either the port or starboard watch and the subdivisions thereof.

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 seamen 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 watches fall in on the upper deck, and the deck sweepers are told off to sweep the upper decks.

Ten minutes later "Divisions" is sounded by the bugler, and the entire ship's company musters in their respective groups and divisions, and under the particular officers. The names are called off by the various watch officers, and the men are inspected. After divisions, the crew march off for prayers, which is followed by fifteen minutes' physical drill, then the routine work of the day commences.

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

At noon, all hands are piped to dinner, 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 necessary watch duties. Supper is served at 7 p.m., and 10 p.m. every man not on duty is supposed to be in his hammock. Saturday afternoon is generally a half-holiday, and on Sunday nothing but necessary work is done.

Recruiting for the R. N. C. V. R. is being carried on all over Canada.

The Canny Scot.

The place is one of our most expensive and therefore popular restaurants.

"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 ale?"

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

"The manager."

McTavish—The verra man? wanted to see. What for's the band no playin'?"—Life.

Corns Applied in 5 Seconds Cured Quick

Sore, blistering feet from corn-pinchings can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c bottle of "Putnam's" to-day.

A Famous Welsh Fortress.

Carnarvon castle is the most splendid specimen of mediaeval military architecture surviving in Britain, not excepting Ainswick. Art and beauty were combined with strength by De Bliere, the architect, who had been within an impregnable fortress. Whether the mean little passage chamber in the bangle 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.

Minard's Liniment Relieves Neuralgia.

Every Wink an Eye Bath.

Every few seconds we wink both our eyelids at once, although not purposely. If we stop winking, our eyes become uncomfortable and gradually cease 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 if constant moisture were not provided to cleanse and soothe the tissues.

PILES CURED at HOME By New Absorption Method

If you suffer from bleeding, itching, blind or protruding piles, send 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 3, Windsor, Ont.

MAKING ICEBERGS BY AIR VIBRATION.

It was at 5 o'clock in the morning that I had my first sight of the "Taka" glacier. The sun was already two hours or more high, and its rays caught the icebergs which looked about as the mountains turned from a soft blue to a more business-like blue. The icebergs were numerous and these blue masses, through which our steamer passed, its way to the face of the ice wall. The sea was calm, the wind light, and a crowd of tourists on board. It took us right up to the glacier, so that we were within 600 feet of the ice when we knew it.

Minard's Liniment for sale Everywhere.

ROYAL YEAST advertisement featuring a can of yeast and the text 'MADE IN CANADA' and 'MAKES PERFECT BREAD'.

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 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 set in operation all machinery necessary to secure her the pension a grateful nation is proud to give to her.

How Rochefort Hurdled 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 satires in the columns of the Lanterne.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much.

Old, But Wily.

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

Transport of Cocoa.

An interesting spectacle in the African gold coast country is the transport of cocoa, the bulk of the inland produce being carried by porters to the railway. Sometimes the roadways as far as the eye can see are one long line of cocoa bags on the heads of hundreds of carriers.

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 "Grazing Industry of the Blue Grass Region," a bulletin recently 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.

CURE FATIGUE! BUILD UP! GET FAT!

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

You're nervous and uneasy. Appetite is poor. Sleep is hard to get. Still worse, you are thin and fagged out.

Work must be done, but where is the strength to come from? Make your blood nutritious and you have lots of strength.

Your only hope is Ferreroze, an instant blood-maker, blood-purifier, blood-enricher. It brings keen appetite, digests food and supplies nutrition for building up the bodily tissues.

Ferreroze makes muscle and nerve-fibre, 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 musician, the teacher—to these will Ferreroze 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 Cattarigone Co., Kingston, Ont.

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 cheese that had been standing on a shelf behind the outer door.

"Na, na, Meg," replied the farmer, quietly, "I have just sold the cheese for two shillings the pound." London Times.

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 gifts bestowed. The sewing box (or which I have already quite a load) The red silk stockings. Though of course I never would wear them.

The cushion for my living room that kills the curtains dead; The many-colored connoisseur's rug to set the lamp upon (Too bad! It's quite impossible—the room is all ecstasies); The picture in the fancy frame (A seventh-day's coming); And though I hate it I must hang it, since it will be sent; But most of all I thank you for "The Christmas" tells I saw "I wish to build my character To set them paid, I know!"—Elsie Parrish.

Re-Caristened.

Two brothers of the name of Lawes, creating 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 it?" 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!" Rochester Times.

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

ISSUE NO. 3, 1917

HELP WANTED.

WANTED—GIRLS TO WORK ON knit underwear—seamers and finished 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 SERVANT 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 Governor-General as president of the Canadian Patriotic Fund has issued the following New Year's appeal on behalf of the Fund:

Twice His Royal Highness the Duke of Connaught appealed to the people of Canada: in support of the Canadian Patriotic Fund. The prompt and generous response on each occasion proves how truly Canada appreciates the debt which she owes to her sons who are fighting for the Empire. Heavy as the sacrifices have already been, the Dominion is as determined as ever to carry this war to a successful conclusion and, however onerous the burden may be, she is equally determined to help the families of those 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 contributions are being expended to the best advantage.

Fifty-five thousand families, comprising one hundred and fifty thousand individuals, are to-day dependent upon 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 months' imprisonment, she thought she detected signs of reform in him.

"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.

JOHN WALKFIELD.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache, or anything 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.

The Trainman's Joys.

A woman swayed back and forth in the aisle on the trout car on train 104.

"There are plenty of seats in the rear cars, madame," said the conductor, politely.

"Let 'em stay there," she snapped back pettishly. "What I want is more vacant cars in the middle of the train. If you don't provide them so's I can get a seat when I want it I'll complain to the management and to the Interstate Commerce Commission. Seats in the rear car, indeed! I want a seat in the middle car or none at all."

She got what she wanted—stagnant room.—Rock Island Emp. Magazine.

CANADIANS WANTED FOR THE ROYAL NAVY advertisement with a crown logo and text: 'Canadians wanted for the Royal Naval Canadian Volunteer Reserve for immediate overseas service. Only men of good character and good physique accepted. Pay \$1.10 Minimum per day—Free Kit. \$20.00 per Month Separation Allowance. Experienced men from 35 to 45, and boys from 15 to 18 accepted for service in the CANADIAN NAVAL PATROLS for defence of the Coasts. Apply to COMMANDER EMILIUS JARVIS Naval Recruiting Officer, Ontario Area 103 Bay Street, TORONTO, or Dept. of the Naval Service OTTAWA'.

Redpath SUGAR advertisement with a large stylized logo and text: 'Redpath refining methods produce no second grade sugar. We make and sell one grade only—the highest—so that you will never get anything but the best under the name of Redpath. "Let Redpath Sweeten it." 2 and 5 lb. Cartons—10, 20, 50 and 100 lb. Bags. Canada Sugar Refining Co., Limited, Montreal.'