SUCCESSFUL PATRIOTIC SONGS

The Union Jack our Empire's Flag They Heard the Call of the Mother-land. There's a corner of the Flag for

you to hold. On to Victory. We're all for Johnny Bull.

We're all for Johnny Bull.
Till you return (a song for mothers,
wives and sweethearts).
Canada for Me.,
Memorles of Home (Rev. J. D.
Morrow's new song for the
boys at the front)
t'il not forget you, soldier boy. Words and Music complete, 15c each, or 7 for \$1.00, post-paid.

ANGLO CANADIAN MUSIC CO. 140 VICTORIA ST., TORONTO

A MIGHTY WARSHIP.

And How Her Turret and 12-inch Gun Was Wrecked.

Captain Haddock, who succeeded Captain Smith, of the Titanic, as com-modore of the White Star line, was made commander of Great Britain's dummy fleet. The dummy fleet was an auxiliary that had an important duty in the North sea in the early days of the great world war.

The fleet consisted of converted

merchantmen. In most cases the conversion was superficial. The vessels included liners, tramps and fast channel steamers. Papier mache made an important substitution for armor plate and armament which helped the deception. Guns of all kinds were mounted, the hig ones, however, being more awe inspiring at a distance than effective as weapons.

With this armament the dummy fleet kept up a steady patrol and at a distance deceived many a Germany observer into reporting the presence

Admiral Haddock's flagship looked an imposing vessel in her "low visibil-ity gray," with twelve inch guns fore and aft. Naval discipline in the dummy fleet was an innovation that had not worked into the souls of the erstwhile merchant mariners; otherwise this story might have had a sadder sequel in a court martial.

One of the tars was having his "time off" The air was good, the sea was calm, and he sought to beguile the hours with a comfortable smoke on the promenade deck (she was a converted liner). He sat on the stern rall dangling his legs. His teeth lost the grip on his pipe. The pipe fell. The tar made a wild grasp into space. He, too, fell and crashed through the or plated turret and smashed one twelve inch guns.-Wall Street

Minard's Liniment Cures Garget in

RHINE IN GERMANY.

It is There the River Reaches Its Highest Beauty.

The Rhine has always played a pro-minent part in the political history of the Western European nations. There seems to be no doubt that in prehis-toric times the whole valley of the great river was peopled with various Celtic tribes, for they have left many traces of themselves, amongst others the names of various cities, such as the names of various cities, such as Mainz and Worms. When the curtain first lifts on history, however the Celts are seen retreating steadily westward before the oncoming of the Teuton hordes from the wilds of Central Europe. This movement probably began somewhere about the fourth century B. C., and it was not help up for any length of time until the ad vent of the Romans. Julius Caesar, however, stemmed the tide, and Augustus, who followed Caesar in his great conquest in Gaul, quickly saw strategic importance of the Rhine, and devoted himself, as did all his successors, to its fortification to the

utmost extent.

The result of the Roman occupation was that the left bank, or the Roman bank, developed enormously in its civilization, and to this day the traces of the Romans may be found every where thereabouts, in their wonderful roads, bridges and aqueducts, and the various other remains, as those to be found, for instance, at Trier. Ulti mately, of course, when the empire be gan to decline and the strength of the Roman position on their frontiers was or reduced that they steadily yielded at various points to pressure from at various points to pressure from without, the Rhine land was quickly invaded by the Teutons, who, pressing downward on Gaul, overran the whole country. The river thus became a

If there was just one WALKERHOUSE BALL In each town where I go, My troubles then would last like that

Proverbial

ball of snow Of which I have no doubt at all But you have oft' heard tell. I mean the one which people say Was located down in—well!

It doesn't matter 'bout that show

ball, Which could never last, What intrests you and me is
Having comforts to us passed.
And I know PEACE and JOY and
HAPPINESS

To me would flow, there was just one WALKER HOUSE In each town where I go.

The House of Pienty The Walker House

Toronto Geo. Wright & Co., Proprietors

Englishmann (1986)

German river, and its valley, along with the rest of Gaul, sank into a con-dition of semi-tarbarism, until its civdition of semi-tarbarism, until its civilization was revived in the eighth century by Charlemagne, who had his seat of government at Aix-la-Chapelle. In the next reign, Charlemagne's dominions were divided, and the Rhine at first formed the boundary between Germany and the Middle Kingdom of Lotharingia. This condition of things obtained until 870, when the Rhine Valley became entirely German territory, the frontier of the German dominions being pushed on westward beyond the river. Thereafter, the

beyond the river. Thereafter, the Rhine Valley remained a German pos-session for over 800 years, and it was not until Louis XVI.'s famous coup in 1681, when he captured the city of Strasburg, that the French again gained a footing in the valley. By the peace of Ryswick, in 1697, the whole of the Reichsland was ceded to France, and the Rhine once more be-By the came the frontier between the two countries. This idea of a France which coincided with the Gaul of Caesar, having the Rhine as its fron-ties, was one very dear to the heart of the Frenchmen, and in 1801 its delimitation was thus confirmed. In 1815, however, the lower part of the Rhine Valley was ceded to Germany,

Mansonville, June 27, '13. Minard's Liniment Co., Limited.

Yarmouth, N.S. Gentlemen,-It affords me great pleasure and must be gratifying to you to know that after using 36 bot-tles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to nor-mel condition. Hoping other suffer-

ers may be benefitted by the use of your Liniment, I am, Sincerely yours. GEO. H. HOLMES.

and, as all the world knows, after the war of 1870-71, by the annexation by Germany of Alsace-Lorraine, the Rhine once again "a German river

and not a German frontier."

As a matter of fact, of course, the Rhine shares its nationality with three countries, namely, Switzerland, Germany, and Holland. Indeed, for no less than 233 miles of its total length of 850 miles, the river flows through Swiss territory, winding its way in and out of the Swiss valleys until it reaches that famous sharp turn to the right by the frontier town of Basel: It is, however, the German Rhine which is most famous for the beauty of its scenery, for when the river finally debouches into Dutch territory, it rapidly degenerates. Its banks are low and by the time it ap-proaches the coast it becomes an unimportant river, ultimately finding its way into the North Sea through a modernly constructed canal. Still, though the name Rhine, at last, attaches to a very insignificant stream, the entire district between the Waal on the one side and the Yssel on the other, which was, of course, the Insula Batavorum of Caesar, in reality belongs to the delta of the famous river.—Christian Science Monitor.

Minard's Liniment Cures Distempter.

Worth Knowing.

When starching Holland pinafores put a little tea into the starch. will help them to keep their color.

To heat dishes quickly don't put them into a hot oven, but let them lie for a minute or two in hot water.

To prevent patent leather shocs from cracking, warm them before putting them on. Warmth renders the leather soft and pliable.

To remove hot-water marks on japanned trays, use sweet oil. Rub it in well till all marks disappear, then polish the tray with dry flour and soft cloths.

soaked in strong borax water till the unsightly brown marks upon them can be subbed off with a cloth.

PEELS OFFA COPN WITHOUT ANY PAIN

Is it magic, no, scientific—a won-derful combination discovered that will shrivel up the toughest old corn you ever saw. The name of this remedy is Putnam's Corn Extractor. It's a corker the way it loosens a corn makes it peel right off in a solid lump without the slightest pain. Results talk. Putnam's gives results and costs but a quarter. Sold everywhere.

FOOD VALUES.

Content of Various Caloric Articles Given.

Calory is a word so much used now by physicians and writers upon diet that there is no excuse for anyone not understanding what it means. The de-finition of the word calory in the Standard Dictionary is: "One of two recognized units of heat, of which the 'greater calory' or 'kilogram calory' is the amount of heat necessary to raise the amount of heat necessary to raise one kilogram of water one degree C; the 'lesser calory' or 'small calory' being the amount of heat necesary to raise one gram of water one degree C."

Calory, then, is a measure of heat.

The human body may be likened to a furnace, and the food that goes into it to the fuel, for this, in fact, is exactly what it is, as it supplies the body with what enables it to keep up its heat. So the heat giving qualities

of our food are measured in calories. Dr. Eugene Lyman Fisk, medical di-rector of the Life Extension Institute undertook to make a physical demonstration of calories, showing just what quantities of some of the commonest

loods contained 100 calories. Here are his figures. There are 100 calories in 22 ounces of lettuce (three good-sized firm heads); in one ounce of oatmeal; in one ounce of white



flour; in one ripe banana; in one ounce of beans; in two tablespoonfuls of brown sugar; in one and a half ounces of beersteak; in half a goodsized potato; in one orange; in five ounces (about three-quariers of a tumbierful) of milk; in one ounce of butter or nut-margarine; in a piece of mince ple an inch wide at the thick end; in a slice three quarters of an inch thick from a five-cent loaf of whole wheat bread.

An average man, weighing 154 pounds, leading a sedentary life, needs about 2,500 calories per day. The same man doing moderate physical work needs 3,000 calories; doing strenuous outdoor work he needs 3,500; resting in bed or lounging all day in a chair 2,000 will suffice. Of these a certain amount must be protein. Opinions differ so widely on what percentage differ so widely on what percentage should be protein and the many kinds of protein differ so widely in their digestibility, their assimilability, their value as tissue builders and their palatability that it is impossible to go into that matter here. It may be said roughly that from 90 to 100 grams say three and a half ounces—of pro-tein should be taken every day.— Denver News.

Effect of Bad Teeth.

A paper by a dental surgeon in the Journal of the American Medical as-sociation tells the story of bad teeth and the effects on the laboring man's and the effects on the laboring man's efficiency. The dentist said he made 30,000 examinations in sixteen months of 17,000 Americans and 13,000 foreigners and found 96 per cent. in need of dential service. "In 30,000 mouths," the dentist said, "we find 60,000 cavities and 18,000 extractions necessary, 78,000 in all. If each one causes an average loss, through waste of time and cost to repair, of \$2 it means a cost of \$156,000. In New York city last year 67,000 children failed to be promoted to higher grades because of defective teeth, and it costs New York city \$1,037,696 to duplicate a year's schooling to those who fail."

Spanking Foesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address.

Mrs. M. Summers.

Mrs. M. Summers. BOX 8

WINDSOR, Ontario. REINDEER MEAT.

Animals Easy to Raise and Flesh Good as Beef or Wutton.

Reindeer meat is finding its way in to the market on the Pacific coast, and is certain to become an important part of the meat supply of this country when the government railroad to Alas ka provides the means of shipping to distributing centers in this country, according to Clio Mamer, writing in the "Catholic World."

There were 70,243 reindeer in Alas ka, according to the government re port on the subject in 1915, nearly all descendants of herds totalling which were imported from Russia to stock the country between 1902 and 1906, and the herds to-day are increasng at a remarkable rate. the raising of reindeer was confined to natives and Eskimos, but since then the government has permitted others to enter the business. Beginning in the fall of 1914, shipments of reindeer meat to Scattle and other Pacific coast cities have been allowed. Mr. Manner ays that reindeer stake is as palata cle as beefsteak, and that it has selling at many of the best hotels in California, Washington, and Oregon or from one-quarter to one-half the rice of beefsteak. He continues:

"There are many things to be said in favor of using reindeer meat on our tables, aside from a desire to cut the high cost of living. The reindeer is not only easy and cheap to raise, but ts flesh is pleasing to the taste and t is fully as nutritious as beef or mutton. Moreover, practically every part of the animals can be utilized for human consumption, and it is one of the easiest mea's to keep from spoiling.

"Last winter marked the entrance of the reindeer upon the scene as a possible economic factor in the great world war. The Swedish government sold to German agents 43,500 carcases of reindeers, which, it was estimated, provided 3,400 metric tons of enison for the German soldiers. 'This reat was purchased at a price which would make it the equivalent of 28 ents a pound in our money.

When the United States government took over its newly purchased land

@=====================<u>=</u> **Rheumatic Pains**

Are relieved in a few days by taking 30 drops of Mother Scigel's Syrupafter meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c. a bottle

from Russia and enacted laws for the protection of the seal, the Indians and the Estimos were reduced to a stage of starvation. With the coming of the white man the wild game and whale white man the wild game and whate upon which the natives had relied for their food supply had been driven into the inaccessible north land, and now the seal, the one animal which remained for them to live upon, was taken from them. Scores of these people are wiped out of existence by disease and hunger before the government awoke to the fact that it was its duty to preserve the lives of these un fortunate wretches. It was Captain M. A. Healey of the United States revenue cutter Bear who was responsible for the suggestion which finally led to the introduction of the reindeer from

Alaska. Twelve hundred reindeer were brought over from Russia between 1902 and 1906, but in the latter year Russia forbade further exportations of the animals. The herds already imported were placed under the care of Laplanders brought over for the express purpose of teaching how to breed and care for the animals. Eskimo and Indian boys are now taught how to raise reindeer at government experimental stations in this industry and taught reading, writing, arithme tic and sanitation for five years of government expense, after which they receive from six to ten reindeer with which to start a herd of their own.
Many of these boys have become

wealthy.
"Neary every portion of reindeer's flesh can be used, and one cut is practically as good as another," says Mr. Mamer. "It would seem as if this industry ought to appeal strongly to those of our young agricultural students who are particularily interested in stock raising, for it undoubtedly has an element of adventure about it which they, more than any other class of farmers, would appreciate. Rein deer can be raised for the market much more cheaply than cattle, for they find their own feed both in win-ter and summer, and they can live in parren wastes which would support no other kind of animal. It has been estimated that there is in Alaska close to 300,000 square miles of this land which would afford pasteurage for mil-These domesticated lions of deer. These domesticated descendants of the caribou which still roam wild in certain parts of Alaska and British Columbia, besides being easy to feed, are not difficult to raise. as they are exceptionally healthy and suffer from no disease."—"New York

Minard's Liniment Cures Colds, Etc.

THE MILITARY AVIATOR.

He Must Be a Soldier, a Mechanic and Absolutely Fearless.

It takes nine months to make a military aviator. The profession makes the severest possible demand upon the resources of the individual. It requires a combination of physique, of courage, of nerve poise, to make the expert flier, while to do the work of an aviator in war involves technical skill that can hardly be characterized as short of scientific.

The military flier must be a soldier.

mechanic and a daredevil. Besides sailing his craft and fighting his enemies, he must be mathematician enough to make his observations, artist enough to take photographs, grapher enough to operate his less, navigator enough to pick his way by means of map and compass over unfamiliar landscapes and re-sourceful enough to contend with fog, with cloud and with the thousand and one contingencies which the hazards of the air involve. Furthermore, his most difficult technical duties must be performed while that element of the death constant with which he always rides is augmented by the nasty rattle of aerial machine guns around and above him and the yap of burst antiaircraft shells which pursue him from below. No man with the effects of dissipation vitiating his blood and unsettling his nerve can be trusted with the issues of the air.—Peter Clark Macfarlane in Collier's Weekly.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, bad-ventilated recoms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this, the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail for 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Ten Health Commandments.

-Honor thy city and keep its sani-

II.-Remember thy cleaning day, and keep it wholly. III .- Thou shalt love thy children and provide for them decent homes

and playgrounds. V .- Thou shalt keep fresh air in thy house day and night. V.-Thou shalt not keep in disorder

thy alley, thy backyard, thy halis and stairways. VI.—Thy shalt not kill thine own nor thy neighbor's bodies with poison-

ous air and disease- breading filth. VII.—Thou shalt not let the filthy fly live. VIII .- Thou shalt not steal thy child-

ren's happiness from them by neg-lecting their health. X.-Thou shalt not bear filthy, cayed teeth in thy mouth nor tol-erate them in the mouths of those

about thee. X.—Thou shalt not spit on the sidewalks, nor on the floor, nor in the street car, nor in any public place whatsoever.-Michigan Board of Health Bulletin

AGENTS WANTED

To sell Phonographs to their friends other people at SPECIAL factory p Liberal commission. Send for full

OSBORNE PHONOGRAPH CO.

JAPANESE KNOTS.

Have a Language of Their Own, and Making is an Art.

The Japanese have no use for but tons, buckles or hooks and eyes. Cord serves every purpose of fastening and furnishes artistic possibilities seemingly without end.

The Japanese have hundreds of knots, made necessary by the ornamental use of cord. Some are as old as the time when history was recorded by a series of knots, just as it was in China and Peru before writing was in-vented. There are dozens of knots in common and ceremonial usage, and these every child can tie.

In one educational museum of Japan is a great frame of the most beau tiful knots, tied in silken and gold thread. This has formed a part of Japan's exhibit at a certain world' For six months this wonderful collection had hung upon the wall and only two visitors had noticed and in-quired about it. Even these thought the knots must be industrial samples retended for dress trimmings. one offered to buy the unique exhibit, no museum begged for it, and the wonderful knots were taken home

again. There is an appeal to the imagina tion even in the knots intended common use. There are plum blossum, cherry blossom, iris, chrysan-themum and pine tree knots. There are fujiyama knots, turtle and stork knots, the "old man's," which is easy to tie, and the "old woman's" also.

There is only one way of knotting a ord when sending a New Year's or birthday gift and another for doing up a funeral offering. There is one way to tie the brocade bag of the tea jar when it is full and another when it is empty. A sword bag, a flag or spear bag, a dispatch bag, or the box containing some precious piece of por-celain or lacquer, must each be tied

n a certain way.

The ill bred person classes himself with the foreigner by ignoring such niceties of custom, and an object tied in a slovenly manner may not only bear witness to the sender's ignorance, but it may carry with it a deadly insult.—Pearson's Weekly.

A FORTUNE IN POULTRY



Increase your egg yield by purchasing a choice cock or cockerel of our high record Roets, Wy-andottes, Leghorns or Reds. 1918 Mating List containing 65 photos of stock, buildings. Feed and tonic formulas free.

L. R. GUILD,

AMERICAN OPINION

The "Wall Street Journal" publishes a leading editorial on what is described as a "flare-up in Western Canada over the agitation for government ownership of all the railways, including the Canadian Pacific."

"Not all of the co-operative social-

ists, advocates of state socialism and proponents of what is called communality, from all the farmers, mercantile and lumber associations combined, could transfer the Canadian Pacific Railroad to the Government, even were the Government itself willing," the editorial insists. "They could eat it up, but they could not hold it a single instant, as it is known to-day and at its value to them to-day, after they got it. . . . Canadians not go one sten own border to decide whether a government-owned road can maintain its most valuable asset. It is just because it cannot be done that part of the prairie press has for some months past-wished to make up the deficits of the government-owned roads by expropriating the Canadian Pacific's current profits. The idea is a chimera. There would be no profits to divide

"Less than one-sixth of the company's stock is owned by Canadians; less than one-seventh of the shareholders are Canadians. Canadians are both honorable and capable in business matters. Certainly they would not disturb that one security which has contributed most to the country's growth, and has by its stability and merits lifted Canadian investments to a position of great repute and strength in the financial markets of the world. without at least consulting these shareholders.

"If they did, no one would suffer more than the great farming classes of the west whose exports would no longer receive price stimulation from a growing foreign investment market which constantly rectifies the inequalities of adverse Canadian trade balances. Western Canada's deadliest enemy has been the ghost of single tax. It has successfully-withstood that temptation to reaction and decay. On grounds of both good faith and expediency, it will not 'Trans-continentalize' the Canadian Pacific."

WISE.

(Birmingham Age-Herald)
"Lend me \$10 until I see you again."
"I'd rather not put it just that way."
"What do you mean?"
"Suppose I lend you \$10 until I see you
gain. In the cfroumstances my vision
I apt to be much keener than yous."

It is better to receive than to do

ISSUE NO. 7, 1918

HELP WANTED.

WANTED - PROBATIONERS TO train for nurses. Apply, Wellandra Rospital. St. Catharines, Ont.

WANTED FOR WEAVE ROOM-MAN with some experience in weaving department, to assist loom fixer; good opportunity to learn fixing; steady job and good wages; immediate or early engagement. Apply, stating age, experience, etc., to Singsby Mfg. Co., Ltd., Brantford, Ont.

MONEY ORDERS

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

FOR SALE.

RIGLET CABINET AND WOODEN furniture. Assorted sizes. Never used. Will be sold at a bargain. Address Canada Ready Print Co., Hamilton, Ont.

BUSINESS CHANCES

PORTRAIT AGENTS WANTING GOOD prints; finishing a specialty; frames and everything at lowest prices; kuick service. United Art Co., 4 Brunswick Avenue, Toronto.

BEES WANTED.

PURE-BRED ITALIAN BEES WANT-ed in 10-frame Langstroth Hives for spring delivery. Must be free from dis-cage. The Root Canadian House, 78 Jarvis street, Toronto.

MISCELLANEOUS.

WE PAY THE HIGHEST PRICES FOR all kinds of poultry. Write for quotations to the Harris Ababroic Co. Limited, St. Lawrence Market, Toronto.

L ADIES WANTED-TO DO PLAIN and light sewing at home, whole or spare time, good per; work sent any distance. Charges paid. Send stamps for particulars. National Manufacturing Company, Montreal.

YOU CAN MAKE \$25 TO \$75 WEEKLY, writing show cards at home.

ily learned by our simple method.

canvassing or soliciting. We sell work. Write for particulars,

AMERICAN SHOW CARD SCHOOL 801 Yonge Street, Toronto.

ARTICLES WANTED FOR GASH

Old Jewellery, Plate. Silver, Curlos. Miniatures, Pictures, Needlework, Lace. Old China, Cut Glass, Ornaments, Watches, Rings, Table Ware. Write or send by Express, to

B. M. & T. JENKINS, LIMITED ANTIQUE GALLERIES. 28 and 30 College Street Toronto, Ont.

SHIPS AND THEIR SIZE.

Why You Cannot Compare the Vessels According to Tonnage.

The different uses of tonnage terms when speaking of ships are causes of confusion to the lay mind, states Captain C. A. McAllister, engineer-inchief, United States coastguard, in the Popular Science Monthly. For example, steamship companies in order to-impress upon the travelling public the size and consequent relative safety of theory craft will advertise the saliof their craft, will advertise the sailing of a certain steamer of 20,000 tons, meaning, of course, gross tons. The company's agent, in entering her at the custom house, will take great precaution to certify that she is of only 7,340 tons when paying tonnage He then is referring to her net tonnage, and, in fact, that standard is used only when paying dues or

Displacement tonnage is almost exclusively applied to warships, as they do not carry cargoes. Strange to say, the tonnage of a battleship varies 22most hourly, as coal or other weighty objects are used or taken on board. The tonnage of warships is, however, fixed. They are referred to in terms of the fixed tonnage.

A statement that a 10,000 ton batt? ship sank a 10,000 ton merchant ship does not mean that the ships were of equal size. 'The merchant ship would be much the larger owing to the different meanings of the term "ton" as applied to the two types of vessels. It is absolutely impossible to give rules for the relations of these terms, as the conditions vary too greatly. Generally speaking, the gross tonnage of a ship is from 50 to 100 per cent. greater than the net tonnage. Tons dis-placement are always in excess of tons gross. Deadweight tonnage is on an everage from 30 to 50 per cent. greater

Minard's Liniment Cures Diphtheria.

Gasoline Poison.

The poisonous character of the fumes arising from a gasoline engine may be appreciated by the following extract from a recently published book, "If a gasoline engine producing five cubic feet of the complex producing five cubic feet of the complex producing five cubic feet of the complex of

Birds of a feather flock together when you see a lot of men in swallow

DRS. SOPER & WHITE



SPECIALISTS

Call or send history for free advice. Median furnished in tablet form, Pours—10 a.m. to 1 p.m. and 2 to 6 p.m. Sundays—10 a.m. to 1 p.m. 0 Consultation Free DRS. SOPER & WHOTE

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