

EDUCATIONAL

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Havergal Ladies' College

JARVIS ST. TORONTO

Principal MISS KNOX

Thorough education of modern lines. Preparation for honours matriculation and other examinations. Separate Junior School. Domestic Science Department. Gymnasium. Outdoor games. Skating rink. Swimming bath.

Havergal-on-the-Hill College Heights, Toronto

A second Junior School is opened for the convenience of pupils resident in the Southern and Western parts of the city. Large playing grounds of three acres—cricket, tennis, baseball. Under the direct supervision of Miss Knox, assisted by specialist in Junior School teaching and in the language.

For illustrated circulars and prospectus apply to the Bursar.

School will re-open on Sept. 17.

R. MILLICHAIP, Hon. Sec.-Treas.

UPPER CANADA COLLEGE

TORONTO

Premier Boys' School of Canada

Founded 1885. Located in the heart of the city.

Senior and Preparatory Schools in separate modern buildings. 50 acres playing and athletic fields, with tennis, gymnasium and full equipment. Specially constructed detached infirmary, with resident nurse. Summer Camp at Lake Temagami, conducted by the Physical Instruction of the College, trains boys to take care of themselves in the open.

SUCCESSORS 1912—Scholarships 2, Honours (Matriculation) 23, Pass Matriculation 12, Royal Military College Passes 5. All particulars and historical sketch on application.

Autumn term begins September 11th, 1918, 10 a.m. Bursar—Mr. J. H. Arnold.

Arnold Murphy, Bursar

UNIVERSITY OF NEW BRUNSWICK

FREDERICTON, N. B.

Next Session Begins September 18, 1918.

The University offers complete four-year courses in Arts, Civil Engineering, Electrical Engineering and Forestry.

Attention is called to the enviable record of our graduates in all of the above departments.

Among the Scholarships available at entrance at The Wilnot Scholarship (\$300), an Alumni Scholarship (\$150), an Asa Dow Scholarship for First Class Male Teachers (\$90), Fourteen County Scholarships (each \$60).

WRITE FOR A CALENDAR.

C. C. JONES, Chancellor.

KANSAS WOMAN WHO SUFFERED

From Headache, Backache, Dizziness and Nervousness, Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Lawrence, Kans.—"A year ago I was suffering from a number of ailments. I was irregular. During the day I suffered with headache, backache, dizziness, nervousness and bloating. I had been married nearly three years. I took Lydia E. Pinkham's Vegetable Compound and now I feel better than I have for years. I recommend Lydia E. Pinkham's Vegetable Compound to all who suffer as I did."—Mrs. M. ZIMMER, 1045 New Jersey Street, Lawrence, Kansas.

Montana Woman's Case.

Burns, Mont.—"Lydia E. Pinkham's Vegetable Compound cured me of awful backache which I had suffered with for months. I was so weak I could hardly do my work and my head and eyes ached all the time. Your Compound helped me in many ways and is a great strengthening. I always recommend it to my friends and tell them what a grand medicine it is for women. You may use my name for the good of others."—Mrs. JOHN FRANCIS, Burns, Montana.

The makers of Lydia E. Pinkham's Vegetable Compound have thousands of such letters as those above—they tell the truth, else they could not have been obtained for love or money. "This medicine is no stranger—it has stood the test for years."

Rich Silverware

—rich in quality and beauty—should grace every home. Choose

1847 ROGERS BROS.

This brand is known as "Silver Plate that Wears." It is the original and genuine "Rogers" as well as the heaviest grade of plate made. Sold by Leading Dealers.

URIC ACID NEVER CAUSED RHEUMATISM

I WANT to prove it to your satisfaction. If you have Rheumatism, acute or chronic—no matter what your condition—write today for my FREE BOOK on "RHEUMATISM—Its Cause and Cure." Thousands call it "the most wonderful book ever written." Don't send a stamp—it's ABSOLUTELY FREE.

JESSE A. CASE, Dept. 460, Brockton, Mass., U. S. A.

Send for Free Book giving full particulars of French's Remedy, the world-famous cure for Gouty and Rheumatic. Simple home treatment. 25 years' success. Testimonials from all parts of the world; over 1,000 in one year.

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WOLFVILLE, Nova Scotia

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Arts and Sciences Applied Science Theology

Degrees

B.A., B.Sc., B.Th., M.A., and certificates in Engineering and Architecture.

Admission to Engineering and Architecture in the third year of study.

Play is the end-all and be-all of their existence.

That is the class of whom the Canon is speaking.

It is a large one, even in this country.

What seems to strike one most forcibly is the fact that it is not to be lightly put aside. Shall we consider it?

The truth is that in the world of women, young and old, there are many life-streams flowing.

There are the busy women and the idlers, the workers who put their shoulders to the wheel and push it on with all their might, and there are the butterfly who do nothing but play from morning to night.

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OF INTEREST TO WOMEN

She Cans What She Can In Tins

On the farm there is no question as to the economy or the desirability of canning fruits and vegetables.

The grocer and the woman who has no time for such things may tell you that you can buy them just as cheaply. But don't you believe it. It cannot be done.

"But," says one woman, "some of my fruits do not keep well, or at least are lacking in color and in flavor."

Here let me make a plea for the tin can, writes a contributor to the Country Gentleman. If you will use tin cans for such fruits as peaches, pears, apples, pineapples and strawberries, as well as tomatoes, corn and beans, you will find that they not only keep far better, without so much sugar, but have a far richer color, a very superior flavor, and there is no loss of the top layer, as is frequently the case in the use of glass.

Tin cans made for this purpose come with a tin lid that fits very closely into a groove that must be well dried and filled with hot sealing wax. They retail at 35 cents a dozen, and have a capacity of a quart.

Buy a good grade of tin cans. They can be used over and over again if washed and well dried as soon as they are emptied. Scour slight discolorations, replace lids and keep in a dry place to prevent rust. When the tin is eaten off, discard the can.

Use only the best of red sealing wax, and as soon as the wax "sets" run the end of a stovehook, or similar piece of iron, heated very hot, over it in order to prevent any air holes from forming. This is a very important part of the process.

For peaches and pears, make a thin syrup—unless they are preferred sweeter—and cook the fruit in it until it is clear and tender, yet not soft. Fill the cans with fruit, cover with the boiling syrup, dry the groove carefully, and seal at once. If peaches are used, and few minutes the skins can be removed like those of tomatoes, thus saving much time as well as fruit.

Put pineapples into dice or circles, cook them in a little heavier syrup, and can them like peaches.

Cut apples into quarters or less and cook quickly so that they will burst and be tender, yet not a sauce. I do not add sugar. When they are opened, reheat and sweeten them, and they will be found as good as fresh ones for pies or dessert.

Wash strawberries carefully and stem them. Place three pints of fruit and one pint of granulated sugar—go water—in a preserving kettle, and set it on the back of the range for several hours, when it will have formed a rich syrup. Place over the fire, boil briskly a few minutes only, and can. They make a delicious dessert, and are fine for winter shortcake.

If you are one of those who live on a farm where maple syrup is made, try canning it in tin. The results will be such that you will never again use glass or jars. This need not be empty from the tin as soon as it is opened, as it contains no acid.

Few persons can keep tomatoes in glass, and at the best they lack both color and flavor and there is a large percentage of loss, whereas if canned in tin there is seldom any loss. If a white paper bag—No. 1—is placed in the can and the cooked tomatoes put into this they can often be removed without tearing the bag, and thus prevent discoloration of the can.

For many fruits I prefer glass jars and use them successfully, but for those I have mentioned I use tin with excellent results.

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