



Lantic Sugar

Guaranteed as to Purity—Quality—Weight

These three guarantees should settle in the mind of any consumer the desirability of buying Lantic Sugars in original packages.

Lantic Sugars are finer, better sugars—at no higher cost.

Lantic Granulated
 2 and 5 lb. Sealed Boxes, 10 lb., 20 lb., 100 lb. Bags
 Look for the **Lantic Red Ball** on each package—and buy in Original Packages
Atlantic Sugar Refineries Limited



LAMBTON FARMS WANTED

A sixth list of farms for sale in Lambton County will be published by the Lambton Publicity Association on the 7th of August, 1915. Farms that appeared on the last list will reappear in the forthcoming list if request be sent to the Secretary before above date and present price of farm stated. These lists will have wide circulation at Canadian National Exposition, Toronto, and other places of concourse.

Those who have farms for sale will please send a full description, the price and post office address of owner to the undersigned, in order that the parties inquiring may be brought into personal touch with those who have land to sell. There will be no charge or commission of any kind, and the parties furnishing descriptions are not bound in any way. Give details as to situation, acreage, roads, improvements, soil, distance from churches, schools, towns, railways, telephone service, etc., etc., that would be of interest to prospective purchasers at a distance. When sale of farm takes place please notify secretary so that it may be struck off the list. Parties offering large farms, suitable for fruit growing would do well to offer them in lots of 15 to 50 acres. The Publicity Association exists for the purpose of advertising Lambton County and for no other purpose. It consists largely of the members of the County Council and the expense of the advertising is paid by the county.

The information is wanted for the purpose of placing a list of farms in the hands of those who wish to buy and who have written to the Secretary in answer to general advertisements and description of Lambton which have been published in various newspapers in Canada, the United States and Britain.

The description may be sent by mail to R. Stirrett, Petrolia, secretary of the association, not later than Saturday, August 7th, 1915. 11-2

Sixty-five per cent. of the women employed in Philadelphia department stores are over 21 years of age.

German mothers believe that if they lose the heel of a shoe one of their children will die before the year is out.

An order of honor solely for women will be one of the new diplomatic decorations soon to be established by the sultanate of Egypt.

It is usually safe to say that when a child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines, causing serious disorders of the digestion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms, corrects these faults of the digestion and serves to restore the organs to healthy action.

HINTS WORTH REMEMBERING.

Wire baskets nailed up on the wall of a pantry make a nice receptacle for vegetables, especially when a pantry is small and has little floor space.

Try washing your teeth with lemon water. Squeeze half a lemon in a glass of water and wash your teeth with it.

If you have an accident with the belt of your sewing machine you can repair it yourself. Make fresh holes in the belt and put through, allowing for tying, a piece of millinery wire out of an old hat brim. Tie the two ends firmly and smoothly together. You will find this a success, and it will last.

When ready to boil white clothes cut a lemon in half and drop it into the boiler.

Do not iron garments made of outing flannel. Brush them with a stiff brush, and it will renew the softness.

To make ferns, geraniums and nearly all house plants grow put a teaspoonful of ammonia in one quart of lukewarm water and water the plants. Do not use more than twice a week.

A very coarse scrubbing brush will be found the best thing for removing the threads, hairs, etc., which are so hard to get out of the brushes of a carpet sweeper.

Add two tablespoonfuls of turpentine to one pailful of water and soak colored cotton goods overnight. This will usually set the faintest colors, even in low priced lawns, and will not injure the fabric.

THE GUEST ROOM.

What to Provide For It to Make It Comfortable and Charming.

With regard to the furnishing and arrangements of the spare room there is real pleasure in making it as charming and as homelike as possible.

A writing table prettily arranged with inkstand, blotting book and note paper is a great addition to the spare room and one that should always be manned if possible. The chances are

that all the desks downstairs are used by members of the family, and a newcomer has no place where she can scribble in comfort unless she can find a haven in her own room. Besides, how could she ever get a moment to herself if she had not the recognized excuse of "a few important letters to write?"

It is rather the fashion now for hostesses to provide many little extra comforts for their guests. When the water is hard some sweet scented softener is often to be found in the bathroom, and occasionally we are treated to a bottle of eau de cologne or of sal volatile. A little plate of crackers almost invariably has a place on the bedside table, and, of course, a shelf of readable books is placed somewhere in the room.

The modern craze for old fashioned furniture should not be allowed to interfere with the comfort of our visitors. Probably some of us have experienced the awkwardness of having to do our hair before an ancient mirror which distorts our features and makes us feel as if we were looking into a spoon. One kind bachelor host always insists on every guest room in his house having its own comfortable sofa, whatever period the furnishing may be, and a very good idea it is, too. But most people would be content with one really cozy armchair to supplement the cane seated ones we invariably find.

The question of lighting the spare room is the next consideration. In New York and other large towns electricity has its own way and is a boon that can hardly be overestimated. In the country, however, gas, lamps and sometimes even candles have to take its place—and, oh, how dark a country spare room can be! Very often two feeble candles only are provided for us, and it is quite impossible to dress in the evening with any satisfaction in the dim half light they give. It is kinder to one's visitors to let them have a good lamp hanging against the wall. This makes a room as bright as need be, and candles can always be added on the dressing table if it is thought necessary. Gas is an excellent illuminant when it can be procured.

The last suggestion in the way of making a spare room attractive is one that is sometimes overlooked. When the weather is cold do not feel that a fire is an unnecessary extravagance for your visitor if you are lucky enough to have an open grate in the guest room. It happens not unfrequently that a house may be thoroughly well warmed downstairs and yet the story above may be freezing. Nothing makes a bedroom look more inviting than a bright fire burning on the hearth, and the little extra trouble and cost are amply repaid in the coziness that is gained. After all, it is a great pleasure to most of us to entertain our friends in our own homes, and while we try to live up to the old motto "Where there is room in the heart there is room in the house," let us do all in our power to insure the comfort and happiness of our guests.

WENT BACK AFTER IT.

Soldier Who Sought For Pocket Knife on Battlefield.

Great bravery is rarer on a retreat than on a charge for obvious reasons—the excitement and thrill of attack is then lacking, and the necessity of haste in order to get away is often real. This fact makes interesting an incident related concerning a soldier of the army of the Rhine in the war of 1870.

A battery of mitrailleuses had made a stand against the advancing Germans near Metz. It was on Aug. 16, in the brave fight made by the division of Gen. Picard. The fire of the enemy was terrible, and seemed to be sweeping away the whole French division.

In the midst of the final fring of the French, prior to their retreat, one of the mitrailleuses ceased to work on account of the sticking of a shell in the barrel. A lieutenant looked about for something with which to remove the shell, and a soldier offered him his pocket knife. The lieutenant had just removed the shell when the order came to fall back. In the confusion the officer dropped the soldier's knife on the ground. When they had withdrawn a little distance the soldier came up to the lieutenant and said, saluting:

"Will you please let me have my knife?"

"I have lost it. It's back there somewhere on the ground."

The soldier showed signs of deep regret.

"I'll get you another in Metz to take its place," said the officer.

"It isn't the value of the knife at all," said the soldier. "I'm just fond of it, that's all. I brought it from home. If you will permit, I shall go back after it."

"In the face of this fire and advance of the enemy?"

"Yes, sir."

"Well, if you care as much as that for a pocket knife, it must be pretty dear to you. Go on."

The soldier started back. Shot and shell were flying; the enemy were near, somewhere in the gloom of the battlefield, and the man knew he might be overwhelmed. And all this for an old knife that he had carried since he was a boy, and which was associated with dear things at home.

He reached the place and found the spot where the gun must have stood. He groped about, the balls whistled in his ears and shells burst. He heard the rattle of approaching artillery and the near blaring of bugles sounding orders. It was the enemy advancing. Nevertheless, he kept on rummaging about for the old knife. He found it. It had been dropped while still open, and the blade glistened. He picked it up, and thrust it into his pocket. He ran so fast that before long he overtook his retreating company. The lieutenant saw him coming up and looked inquiringly at him.

"I've got it, lieutenant!" he shouted, slapping his pocket.

Drinking Water

Every twenty-four hours there passes out through the pores of your skin about a quart of water. This "insensible perspiration" goes on in the body of every healthy man without his knowing it. This evaporation from the skin is necessary in order that the body may remain at an even temperature, and able to resist sudden chills, severe colds or extreme heat. At the same time, a still greater amount of water is passing out of the body through the lungs and other organs.

Now, if you allow the body to part with all this water without supplying the loss, every tiny cell in the system is robbed of its opportunity to grow, and one of the many ailments due to poor cell growth is bound sooner or later to develop. Thus, the importance of drinking enough pure water to keep the tissues of the body supplied is at once apparent.

Water taken in great quantities and at long intervals is not so beneficial to you as small amounts taken at frequent intervals. Nor does the large amount you drink after exercising or when perspiring in hot weather repair the loss from "insensible perspiration," for at such times you only quench your thirst, which is a hurried demand of the drying cells for nutriment due to the unusual loss of water.

To keep in perfect health and to prevent the arteries from growing brittle in middle age, you should drink two or more glasses of pure, cool water every morning before eating breakfast. Between meals a glass or two should be taken. Do not wait for thirst, but try to keep the moisture of the body at a perfect balance.

Do not drink iced water at any time. Bad complexions and troublesome indigestions may often be traced to its habitual use.

A SURE CORRECTIVE OF FLATULENCY.

When the undigested food lies in the stomach it throws off gases causing pain and oppression in the stomachic region. The belching or eructation of these gases is offensive and the only way to prevent them is to restore the stomach to proper action. Farmlee's Vegetable Pills will do this. Simple directions go with each packet and a course of them taken systematically is certain to effect a cure.

Why Not Get Bigger Profits From Your Poultry?

How? By learning more about the poultry business. Read the CANADIAN POULTRY REVIEW, the popular "Made in Canada" poultry paper, devoted entirely to poultry. Filled from cover to cover with interesting and instructive reading and other live matter, numerous good half-tone illustrations, reliable advertising and everything of interest to the poultry breeder or fancier. Every phase of the poultry industry is fully covered in Review.

A department on "Artificial Incubation and Brooding," and other kindred subjects is conducted each month by Prof. M. A. Jull, Manager of Poultry Department, Macdonald College, Que.; Rev. J. N. Williams, a noted English expert, writes for us each month on poultry doings in the Old Land. We have a special department devoted to "Woman's Work with Poultry," conducted by Miss Marion S. Hill, formerly of the O. A. C., Guelph and who is well qualified by her knowledge and experience with poultry to conduct this department in a helpful and instructive manner. Mr. H. S. Babcock, Raynham Centre, Mass., is another prominent writer and breeder who is also on our staff of contributors, and many others well up in poultry lore.

The subscription rate is fifty cents per year, or three years for \$1.00 in advance. Sample sent free for the asking if this paper is mentioned. Send remittance by postal or express order to

CANADIAN POULTRY REVIEW, 184 Adelaide St. W., Toronto, Ontario.

Take One Tonight

—if you feel bilious, "headachy" and irritable— for that's a sign your liver is out of order. Your food is not digesting—it stays in the stomach a sour, fermented mass, poisoning the system. Just take a dose of Chamberlain's Stomach and Liver Tablets—they make the liver do its work—they cleanse and sweeten the stomach and tone the whole digestive system. You'll feel fine in the morning. At all druggists, etc., or by mail from Chamberlain Medicine Company, Toronto - 14

CHAMBERLAIN'S TABLETS

A NEW ISSUE of the **Telephone Directory**

is now being prepared, and additions and changes for it should be reported to our Local Manager at once.

Have you a telephone? Those who have will tell you that it is the most precious of modern conveniences.

Why not order to-day and have your name in the new directory?

The Bell Telephone Co. of Canada

SHORTCAKE.

Mix with one pint of flour a lump of butter the size of an egg; rub up well with baking powder or use two teaspoonfuls of cream of tartar in flour; powder fine one teaspoonful of saleratus, add one cupful of cold water. Make a stiff batter. Add flour if needed. Bake on tin for supper or tea.

MUCH ADLER-I-KA USED IN WATFORD

It is reported by Taylor & Son, that much Adler-i-ka is sold in Watford. People have found out that ONE SPOONFUL of this simple backthorn bark and glycerine mixture relieves almost ANY CASE of constipation, sour or grassy stomach. It is so powerful that it is used successfully in appendicitis. ONE MINUTE after you take it the gasses rumble and pass out. It is perfectly safe to use and cannot gripe.

Pigeon-Whistle Concerts.

One of the most curious expressions of emotional life in China is the application of whistles to a flock of pigeons. These whistles, very light, weighing hardly a few grammes, are attached to the tails of young pigeons soon after their birth, by means of a fine copper wire, so that when the birds fly the wind will blow through the whistles, and set them vibrating, thus producing an open-air concert, for the instruments in one and the same flock are all tuned differently.

There are two distinct types of whistles—those consisting of bamboo tubes placed side by side, and a type placed on the principle of tubes attached to a gourd-body or wind-chest. They are lacquered in yellow, brown, red, and black to protect the material from destructive influences of the atmosphere. The tube-whistles have either two, three, or five tubes. In some specimens the five tubes are made of ox-horn instead of bamboo.

Worms sap the strength and undermine the vitality of children. Strengthen them by using Mother Graves' Worm Exterminator to drive out the parasites.