



### A Stainless Flag.

The cry rings out o'er all the land to-day,  
No more let greed and vice on manhood prey!  
Oh, let our name for truth and honor stand,  
The land of justice, of the helping hand;  
No more let sordid greed the laws control,  
Nor vice, unstayed, degrade the nation's soul.

The emblem of a noble nation's life,  
True sign of power that hushes war and strife,  
Give us a stainless flag, men of the nation;  
Drive out the greed for gain,  
Let rum no longer reign; strive that our land  
obtain  
A stainless flag.

—Selected.

### House Building.

John Robb was trying to vindicate his beer drinking to his old chum. They had met after an absence of years, and were discussing their history. John Robb's friend was a good temperance worker in the city where he lived, and was trying to advise John to be the same, but John liked his beer.

'Depend upon it,' said he, 'there is nothing like beer for a weary man. When I get a glass or two I feel so strong I could knock down a house.'

'Well,' said his friend, 'by doing without beer, I have been able to build two houses, and I think that's better than knocking them down.'—Selected.

### Led by Curses.

(L. A. Banks, in the 'C. E. World.')

I came home one evening to find awaiting me in the parlor a young man. He had been waiting for some time, and was evidently in great distress of mind.

As soon as I had spoken to him, he said: 'I do not believe you often have men come to you who have been sent as I have. I am the only son of my mother, who is a widow. I am all her support, and her whole life is wrapped up in me. I am secretary of a political club, and have been under many temptations, and have got to drinking. I have been taken home drunk several times, and it is breaking my mother's heart. To-day some of the men about the club were cursing you for some things you said about the temperance question yesterday, and, somehow, the more they cursed the more I thought you would take an interest in me and try to help me. What can I do? I have promised myself to quit again and again, but I do not seem strong enough to hold to my purpose.'

I said, 'My dear fellow, have you tried

## TEN DOLLARS For One Photograph

Have you sent your entry for the Camera Contest, which closes on August 1st?

The Competition is for the most interesting picture.

Artistic merit will, of course, be considered, but the general interest of the photograph will be the chief factor in the contest.

There will be seven prizes as follows: 1st, \$10.00; 2nd, \$7.00; 3rd, \$4.00; and the next four, \$1.00 each.

Send prints, which need not be mounted, as early as possible, securely protected by cardboard, and enclose a slip with a full description of the subject of the photograph.

Mark "Photo Contest," and address:

Managing Editor, CANADIAN PICTORIAL,  
142 St. Peter Street, Montreal.

giving your heart to God, and asking him, for Christ's sake, to help you not only to quit this sin but every other sin?' 'No,' he replied.

I urged upon him that this was the only sure remedy, and after I had talked with him a few minutes he declared his willingness to surrender to the Lord. We knelt, and prayed together. The next day he joined the church, where he is now a strong and splendid helper. This case is an illustration of how sometimes 'the wrath of man' is made to praise God.

### Liquor and Labor.

If a laboring man buys \$100 worth of boots and shoes, he buys \$20.71 of labor.

In buying \$100 worth of furniture he buys \$23.77 of labor.

In every \$100 worth of hardware he buys \$24.17 of labor.

In every \$100 worth of clothing he buys \$17.42 of labor.

In every \$100 worth of cotton goods he buys \$16.91 of labor.

In every \$100 worth of men's furnishing goods he buys \$18.34 of labor.

In every \$100 worth of worsted goods he buys \$13.55 of labor.

In every \$100 worth of woollen goods he buys \$12.86 of labor.

In every \$100 worth of liquors he buys \$1.23 of labor.

If eight laboring men spend \$800 for furniture, hardware, clothing, cotton, worsted and woollen goods and men's furnishing goods, they contribute \$147.43 to labor and at the same time that they bring valuable supplies to their families they stimulate business and add to the demand for labor.

If the \$800 is spent in the saloon only \$9.84 goes for labor, the families are made wretched, and the men themselves are made worse physically, financially and morally, their jobs are imperilled and they have wasted their money. Liquor is labor's worst enemy.—Selected.

### Effects of Alcohol on the Body.

Sixty percent of drinkers are 'social drinkers,' who will not take a drink when alone once a month, but on account of their surroundings and friends have developed a habit of taking two or more drinks a day. Forty percent drink because they like it and are on a straight down hill road for delirium tremens with all its fatal complications. If the 'social drinkers' could see some of the hundreds of autopsies held on persons who have died of alcoholism—see the congested brain, inflamed, bleeding stomach of gastric catarrh, the heart, liver, kidneys, undergoing fatty degeneration, where the once firm tissues are now soft and flabby, and the secondary changes of cirrhosis (an increase of the connective tissue of an organ), which replaces the vital cells necessary for their proper functions; the changes in the walls of the arteries and of the nerves and spinal cord—they would be satisfied with pure water the rest of their lives.—Advance.

## HOUSEHOLD.

### FOR THE BUSY MOTHER.

The home dressmaker should keep a little catalogue scrap book of the daily pattern cuts. These will be found very useful to refer to from time to time.



2820



2816



1556



2795

2820.—Ladies' nine-gored skirt, closing with buttons at each side. — Specially designed for laundering. Seven sizes—22 to 34 waist. Width of lower edge in medium size, about 3 1/4 yards; for 26 waist, the skirt requires 7 1/2 yards 20 inches wide, 4 1/4 yards 36 inches wide, 3 3/4 yards 42 inches wide, or 2 3/4 yards 54 inches wide.

2816.—Ladies' seven-gored skirt, closing at left side and having habit back.—Six sizes—22 to 32 waist. Width of lower edge in medium size, about 3 1/4 yards; for 26 waist, the skirt requires 5 yards 36 inches wide, or 3 3/4 yards 54 inches wide.

1556.—Girls' dress, with or without body lining.—Four sizes—6 to 12 years. For a girl of 10 years, the dress needs 6 1/2 yards of material 20 inches wide, or 3 1/2 yards 36 inches wide, or 3 3/4 yards 42 inches wide; as illustrated, 5/8 yard of contrasting material 20 inches wide is needed for shield, collar and cuffs, and 5 yards of braid to trim.

2795.—Girls' one-piece dress, slipped over the head and having a separate guimpe.—Four sizes—6 to 12 years. For 10 years the dress requires 4 yards 27 inches wide, 2 3/4 yards 36 inches wide, or 2 1/2 yards 42 inches wide; the guimpe needs 2 3/4 yards 18 inches wide, 1 3/4 yard 27 inches wide, or 1 1/4 yard 36 inches wide.

Always give the size wanted as well as number of the pattern, and mention the name of the design or else cut out the illustration and send with the order. Price of each number 10 cents (stamps or postal note). The following form will prove useful:—

Please send me pattern No. ...., size ...., name of pattern ..... as shown in the 'Messenger.' I enclose 10 cents.

Be sure to give your name and address clearly.

Address all orders to:—'Northern Messenger' Pattern Dept., 'Witness' Block, Montreal.

### Care of the Ice-box.

Housekeepers are learning that the cleaning of the ice-box, like the cleaning of the house, should be constant rather than occasional; in other words, the refrigerator should be carefully looked over every morning, all spoiled food removed, the waste-pipe flushed out, unnecessary moisture wiped off, and the same care given that is expended at the weekly renovating. The ice-chamber should have nothing in it but the ice, unless bottles of water or other drinks are put there. It is the opening and shutting of this chamber that

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