

**Sheep For Sale**

1 pure bred Suffolk Down ram, 2 years old, registered; 1 grade lamb ram; also a few ewes and lambs. S. I. Pappenfus, Anaheim, Sask.

**For Sale**

Pure-bred Roan Shorthorn Bull, sixteen months old. For full information write Mrs. Mary Waidbillig, Leofeld, Sask.

**Banque d'Hochelega**

Head Office Montreal.

Established in 1874

Authorized Capital \$10,000,000.00 — Capital Paid up and Reserve \$7,800,000.00  
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AGENCY AT LENORA LAKE

**You Are Invited**

to come in and see us in our new Store and office premises in the old Vulcanizing shop half way between Post Office and Brusser's Store. It doesn't matter whether you intend to use or do use Electric Light and Power on your Farm; you will be interested to hear how much Money, time, labour and Trouble you can save by installing a Light Plant on your Farm or in your Residence. Furthermore, we like to think of our office as an information bureau for all questions arising about the use of electric appliances and apparatus, cost of installation and repairs and maintenance of existing Light Systems. Come in and make use of it.

We sell the "Phelps" Light Plant, just the size for your Farm, twice the size of the best known other plants, and comparatively half the price. Ask us about it when next in Town.

**Humboldt's Electrical Shop**

**Land and Farms!**

I have a number of Farms and Wild Lands for sale at low prices. Some will be sold on Crop Payment.

For further particulars apply in person or by letter to

Henry Bruning, MUENSTER, SASK.

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Departmental Store HUMBOLDT, SASK.

**Mr. and Mrs. Farmer and Children:**

We want your Produce and you want our goods. We wish to trade with you and you will be satisfied to trade with us. We have a very nice assortment of

Ladies', Men's and Children's Fall and Winter Coats, High and Medium Price Fur Coats, Ladies' and Children's Dresses, Men's and Boys' Shirts, Gloves, Overalls, Underwear and Combinations, and all other Ready-to-Wear, Dry Goods, Dress Goods and Prints, Groceries, Flour, Hardware and Crockery.

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Boots; Shoes and Rubbers at Prices that were Never Heard of in Humboldt.

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We positively refund your money if you are not perfectly satisfied. Your friends and neighbors Will Tell You How Nice it is To Deal at

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The Right Name for Any Trading.

We have Everything to suit Your Taste and Pocketbook

ment was the splendid violin rendition by Miss Chora Brennan, a pupil from St. Angela's College, London, Ont., who happened to be on a visit in Prince Albert.

The training school was opened in 1913. Since then several young ladies have qualified as nurses and it must be said, have always lived up to their chosen motto: "Semper Fidelis."

The Holy Family Hospital has at present a nursing staff of five graduate Sisters assisted by three graduate lay nurses. Doctors and patients agree that the Hospital staff is all that could be expected, efficient and unreservedly devoted to the care and welfare of the patients. Last year the hospital took care of nearly 1200 patients. 241 operations were performed during 1918. The hospital has a most modern equipment and the Sisters ever anxious to keep the institution in every way really up-to-date. The hospital accommodates 80 beds but it often happens that more beds have to be put up to accommodate the ever increasing number of patients who come from every direction. This naturally requires an ever increasing staff of nurses, hence it is that the Sisters are most anxious to keep the training school well filled. At present there are still a few vacancies and any young lady that feels any inclination to devote herself to such noble work is invited to communicate with the Sister in charge of the training school at the Holy Family Hospital, Prince Albert, Sask. Catholic patients are afforded all the spiritual help their condition may require. R. W. B.

**Warns America of Influenza.**

Dr. Rupert Blue, surgeon general of the United States public health service, wants the public and authorities to be on guard against recurrence this fall of the influenza epidemic. In a statement he says that the most promising way to deal with the probability is expressed in the single word "preparedness", and that now is the time to prepare.

The report is summed up as follows: Probably, but by no means certainly, there will be a recurrence of the influenza epidemic this year. Influenza is spread by direct and indirect contact. It is not yet certain that the germs have been isolated, or discovered, and as a consequence there is yet no positive preventive, except the enforcement of rigid rules of sanitation and the avoidance of personal contact.

A close relation between the influenza and the constantly increasing pneumonia mortality rate to the fall of 1918 is recognized. It is believed that the disease was pretty widely disseminated throughout the country before it was recognized in its epidemic state.

Anti-prohibition organizations issued the following statement: "Government physicians are aghast at the action of congress in passing the prohibition enforcement act with its provision limiting the amount of alcohol that physicians may prescribe to one pint for any one person in ten days. With the probable return of the influenza this fall, they say thousands of medical men in the United States are up against the proposition of choosing whether they will go to jail or sacrifice the lives of their patients."

"While the medical advocates of the use of alcohol say that they will have greater difficulties in controlling the influenza this year if the law is strictly enforced, there is yet another side. This has to do with prevention. They point out that were families were accustomed to keep a flask or bottle of whisky in the house for emergency in the past, a great many cases of incipient "flu" never got beyond the first stages. What otherwise might have been a serious, perhaps a fatal case of "flu", passed only as a light cold."

**Take Care of your Eyes.**

Although eyeshades are much worn by people engaged at near work by artificial light, the truth is that if the lighting of the room and the work is intelligently managed an eyeshade is very rarely advisable. Of course if a glaring lamp is so placed that its rays fall directly upon the eyes as you sit or stand at work, the result is undue eye-strain or fatigue and injury to the eyes. But instead of wearing an eyeshade it is always better to move the lamp so that the light will fall on the work from above a little to one side and a little behind the plane of the face. Or the lamp may be covered with a frosted globe which diffuses the light and diminishes the glare. One sitting at a desk, for example, should not have the light directly in front of his face, as is often the case; the light should stand or hang slightly to the left (of a right-handed person) slightly above the level of the eyes and not in front of the plane of the face. It is always desirable when using the eyes for reading or other near work in artificial light to keep the eyes in shadow; as you sit at work the source of the light itself should be invisible. It is not invisible unless the light is placed somewhat behind the plane of the face. The common advice, to have the light on the left is not quite sufficient.

If an eyeshade must be worn, it should have a black or dark-green lining, not a light colored lining.

Plain goggles are a valuable protection to the eyes of persons engaged at work in which fragments of steel or iron are likely to injure the eyes. Although the glasses are often broken by such blows, the eyes are rarely, if ever, injured by broken glass, as might seem possible. Glass of special tensile strength is made for such goggles.

Amber and other colored glasses are sometimes useful in goggles. Yellow-green tinted glasses protect against snow-blindness. Smoked glasses protect against exposure to intense sunlight. Ordinary daylight and ordinary artificial light are not harmful to normal eyes, and the habit of wearing tinted glasses is condemned by oculists, who attribute any comfort derived therefrom to the suggestion of the person who prescribes them. For diseased eyes it is sometimes a relief to wear what are called London smoke glasses, which diminish the amount of light entering the eyes.

**Over 52,000 Motor Cars in Saskatchewan.**

The number of motor cars licensed in Saskatchewan was 52,210 in the last week of July, as against 46,880 in the entire year 1918. The record of last year, although it was considered extraordinary, is going to be thrown entirely into the shade by the end of this year. There would have been far more cars in this province had it not been for the fact that at the beginning of the season, when the demand was greatest, dealers had considerable trouble in securing cars to meet their orders. The uncertainty regarding this year's crop has had its effect in slowing down sales, but in spite of this there will probably be at least 60,000 cars licensed before the end of the year, as new applications are being received at the rate of from 70 to 80 daily.

At present there is a car for every 14 people in this province. As regards number of motor cars, Saskatchewan ranks second among the provinces of the Dominion. Motor liveries, numbering 1,429, already show an increase over last year of 179, and there are now 720 chauffeurs, 393 motor cycles, and 165 public garages.

For the

**Winter Evenings**

you need something to read for yourself and your family. Keep the young folks out of questionable company, by accustoming them to stay at home in the family circle. To do so, you must provide them with innocent enjoyments at home, and one of the best and most useful of such enjoyments is the reading of

**Good Stories.**

If you have a parish library, do not fail to take out books regularly during the winter months. If there is no parish library in your vicinity, do not dread the expense of buying some good Catholic books. It is a good investment, better in fact than almost any other investment you can make for the comfort and pleasure of your family. Other articles, even the most expensive ones bought for the pleasure of the members of your family will soon grow old and will no longer cause the former enjoyment, but a good and interesting book is

**A Joy forever.**

It will be read and reread by all the members of the family and will cause new pleasure each time.

One of the best series of good Catholic stories is collected in the four volumes of

**The Ebb and Flow of Life**

They contain about forty good stories written by the famous Catholic author Monsignore Konrad Kummel. They were first published in the German language in 1912 and soon the call for them was so great that four editions were sold within a couple of years. These stories are now available also in the English language, having been translated by a father of St. Bede Abbey, Peru, Ill.

During the months of October and November 1918 we have given our Readers an opportunity to see what these stories are like, by publishing one of them entitled "Man and his Illusions" as a serial in our paper. We now offer the entire set of four large volumes containing each about 440 pages, well bound in full cloth, free by mail for the low price of

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We can highly recommend this excellent work to persons looking about for suitable

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Remember that we can furnish this work in the English language only. Therefore do not ask us to send it in German or any other language.

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