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An Unhappy Woman's Advice.

A woman who has had a very unhappy married life gives this advice to young women:—

Do not marry a man to reform him. It cannot be done unless he is under 22.

The woman who permits her heart to rule her head makes a sad mistake.

If a girl loves a man, in spite of his dissipation and selfishness, she plunges into matrimony with her eyes closed.

No woman should ever depend entirely on her husband for happiness. It is folly, and leads always to heartache. A married woman should have a life apart from her husband.

Let her keep sweet and true and lovable, but beyond a certain point she should not venture, lest she loses her individuality in her husband's, with the result that he may impose upon her.

Beware of a man with an ungovernable temper, and many men are endowed with this quality.

Shun the man who drinks to excess, for it is a habit that leads to wretchedness.

Avoid also the man who is selfish, the man who considers always his own interests before those of his wife.

Many men are fickle, and it depends on the wife's power to hold them.—Globe.

NEW TELEPHONE DIRECTORY

The Bell Telephone Company of Canada is soon to print a new issue of its Official Telephone Directory for the District of

Western Ontario including London

Parties who contemplate becoming Subscribers, or those who wish changes in their present entry, should place their orders with the Local Manager at once to insure insertion in this issue.

Connecting Companies

Should also report additions and changes in their list of subscribers, either to the Local Manager or direct to the Special Agent's Department, Montreal.

The Bell Telephone Company of Canada

MENTION "FARMER'S ADVOCATE."

The Path to Contentment

It is sometimes hard to tell where contentment leaves off and indolence begins; but it is quite true that, in this ambitious, struggling American life of ours, a great deal of happiness is spoiled by forgetting to appreciate the blessings we have in our eager desire for more. Many people are straining their eyes into the future so much that they quite overlook the present.

But if one can only realize the beauties and comforts of each day as it passes and give a few moments to reminiscence over past pleasures, without, of course, sacrificing one's ambitions for the future, he will quite surely find his life sweeter and richer.

To be a little less vague, a man should form a habit of enjoying his life as he lives it. He may hope to be more prosperous, to have larger business or a better position next year, but he should not let that hope interfere with his appreciating the position he has won for himself this year.

Next year he will have one less year of life to live than he has this year, and what he gains in success he loses in youth. Each year he pays a mighty price for what he gains—a year of his life—one sixtieth or eightieth of his life span at the least, and quite possibly a much larger fraction. In spending this precious thing he should follow the business axiom of trying to attain the maximum of returns for the price paid.

So, when a man works, let him work to the best of his ability, and he cannot work to the best of his ability if his work one day exhausts him so that he cannot work with all his vigor and enthusiasm the next day. And work, after all, is only one of the important elements in his life. He should cultivate the power to play, to make and keep friends, and to be a bright and attractive element in his family. If he has young children, he should consider daily engagements to play with them quite as important as a business engagement. Their years are passing, too, and he should not lose too much time of their beautiful childhood. His boy has a right to expect a daily game of ball or marbles or a half hour of reading aloud with his father, just as his little girl should find in him a sympathetic play-fellow in her doll-house. What kind of tools to select for the work-bench, the choice of a bicycle, the "Swiss Family Robinson," fairy tales, doll dresses, rabbits, imaginary voyages to the Spanish Main or Viking Land, toy stores and "pretend" tea-parties—all the dear, delightful occupations and interests of children are second in importance to nothing; and the father or mother who is too busy to enter enthusiastically into this charming realm is not only neglecting an important duty, but is missing the sweetest pleasures which life has to offer.

It is well to build for the future, but while one is building one should have warmth and shelter and a home fireside now, and have a mental attitude that allows a full enjoyment of that fireside. Your neighbor may have more servants and a larger house and income than you, but is he really richer? His servants mean more vexatious domestic problems, and his wealth is quite powerless to purchase him more happiness than you can acquire. Emerson says, though you travel the world over to find the beautiful, unless you take it with you, you will find it not. One gets the best out of life by his mental and spiritual attitude toward life. Too much ambition brings restlessness and discontent; too little brings incapacity for true enjoyment. A man with the proper poise makes work the means and not the end, and finds time to enjoy and profit by the good things that are close at his hand every day. The man who is so absorbed in his business that he has only a vague, absent-minded interest in things beyond his office door, gets really very little out of life.

The man whose worldly prosperity makes him think he must have an elaborate home, elaborate food, and elaborate entertainments in order to be comfortable, is feeding the body and starving the soul. True culture is not found in fashions, but in a sympathetic appreciation of beautiful things; and if a man finds a light in the view of a daisy-white meadow, a violet-tinged glen, in

poetry and art and music, and in the play and prattle of children, or a stimulating conversation, he has riches which a millionaire cannot buy with all his money.

In other words, if a man will only pause for a little space every day upon the breeze-swept hilltop of the present, and look about him at the view and find it pleasant, breathing in the sweetness and sunshine of life, he will then find that the path to contentment, flower-bordered and inviting, lies close at his feet, luring him to follow it.—The Independent.

The "Titanic" Disaster and Peace.

By Edwin Ginn, in The Independent, New York.

[Mr. Ginn, the eminent Boston publisher and philanthropist, sent us this little article, which we commend to our readers. Mr. Ginn, it will be remembered, was the first citizen of the world to give a million dollars to the cause of universal peace.—Editor.]

I doubt if history records any nobler examples of heroism and self-sacrifice than were displayed by the passengers on board the steamship Titanic. The sole thought among the men was, "Are there any more women and children? If so, they must be cared for first." The question as to whether they were from the steerage or first cabin was not asked. No preference was shown. This should be a striking lesson to those who are constantly preaching the indifference of the rich to the condition of the poor.

Another great lesson to be drawn from this disaster is that bravery and heroism are not bred solely in battle. The men who sacrificed their lives at the sinking of this ship had been, for the most part, trained neither for the army nor the navy, yet they stood back calmly and courageously, knowing that death must certainly come in a few moments. The soldier in battle always feels that he has a chance of life, but the men on the Titanic knew that they were doomed.

During these days when the minds of all have been focused on this terrible tragedy, I wonder how many have asked the question, "Why is it that the world stands aghast at the loss of fifteen hundred souls, when the news of a battle in which twenty thousand men lie dead on the field, and as many more are maimed for life, excites so little comment?" To be sure, many read the account with deep sorrow and regret, but it makes but a slight impression upon the community at large. None of the wheels of business is stopped; the churches hold memorial services.

But hardly had the Titanic sank beneath the waves when the various steamship lines began to take measures to prevent, if possible, another such disaster. Orders were issued to have all passenger boats provided with enough lifeboats and rafts to accommodate everyone on board; to install a sufficient number of wireless operators so that there would be always at his post an intelligent man familiar with the various codes; to lay out routes far enough south to avoid icebergs; to provide glasses for the lookout; to drill the crew daily in the performance of their duties. It should also be arranged that no man, captain or otherwise, would be obliged to be upon the bridge more than two nights in succession; and a rate of speed should be established, when in the vicinity of ice fields or in a fog, which would insure safety. Our Government, as well as the British Government, is investigating very carefully causes and conditions, and I hope that the maritime nations will in the near future enact laws which will insure the perpetuity of these safeguards by compelling their observance. The sinking of this great ship, with its precious freight of human life, will no doubt accomplish much in making ocean travel safe.

But what steps are being taken by the nations to save the world from a much greater sacrifice of human life in battle? And yet life should be as sacred in the one case as in the other. The only reason that I can see for the recognition of the value of human life in the one instance, and its apparent disregard in the other, is because of the feeling that one is an accident which should be avoided, while the other is taken as a matter of course, the result of many generations of