

Russians Light Drinkers.

The Russian realized perfectly well the evil effect of the use of vodka upon his fellow countrymen. We must not share the belief, disseminated by the books of dilettante travelers, that every one in Russia was a hard drinker. Far from it. Certain very considerable sections of the population did not drink at all. Such were the Mohammedans, to whom the prophet of Allah had forbidden the juice of the grape; such were the sectarians among the orthodox, who refrained on principle. Many others as well did not indulge, either from distaste or from conscientious scruples. In fact, statistical evidence shows that the people of the Russian empire consumed decidedly less alcohol per capita than the peoples of many other European countries.—Robert P. Blake in Atlantic.

The Homespun Philosopher.

Some folks pray to the Lord to make 'em thankful when it's up to them once in a while to surprise the angels by being thankful of their own free will and accord. Providence has enough to do without putting unnecessary work on it.—Atlanta Constitution.

A common-sense may have wit, but not wisdom.—Yankee.

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BELGIUM RELIEF

To the Editor:

Dear Sir:—In view of the recent statement issued by Mr. Hoover, chairman of the Commission for Relief in Belgium, which points out the impossibility at present of obtaining the necessary shipping tonnage to forward to Belgium the food supplies in the same quantities as in the past, and also draws attention to the fact that the United States Government have made arrangements to loan to the Belgian Government the sum of \$45,000,000—payable to the Commission for Relief in Belgium in six monthly instalments—wherein sum will cover the cost of such food supplies as can be shipped in that time by the limited number of ships available to the commission—the central executive committee of the Belgian Relief Fund in Canada finds it unnecessary for the present to make appeal to the generously disposed people of Canada on the plea of the urgency of support in order to stave off starvation.

The needs of Belgium continue, however, as pressing as in the past, and the situation may be considered as being even more pitiable as, through the forced decrease in imports, Belgium will be compelled to fall back on her last native resources, already so depleted. In order to maintain that so limited ration that has been doled out in the past it will be necessary to encroach upon the country's stock of milk cattle, which has been reserved to maintain a supply of fresh milk for the children.

In the hope, however, that the recent swiftly developed shortage in the world's shipping—the cause of this new departure of the relief work—may not permanently endure; in the hope that the necessary funds may be available should any emergency or special occasion arise, and in view of the fact that in any event relief in many forms will be required after the war, the committee hope that all generous supporters of the fund in the past and all those who have pledged themselves for future payments will continue to support the fund, and thus continue to show their sympathy with the people who gave their all for the cause of humanity.

All such donations received after the 15th of June will be disposed of to the best advantage of this stricken people, according to the wish that may be expressed by any donor or according to the actual or more pressing needs of any of the already organized channels of relief work, such as: "Help to the children removed from Belgian front."

"Queen's fund for the wounded soldiers."

"Relief for Belgian prisoners in Germany."

"Anglo-Belgian committee of the

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Mailed at lowest possible prices, consistent with high-grade work. Our Natural Wavy 3-strand Switches at \$5.00, \$7.00 and \$9.00 in all shades are leaders with us. Just send in your sample, or write for anything in our line.

GENTLEMEN'S TOWERS at \$25.00 and \$50.00, that defy detection when worn.

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For Pimples
Try Cuticura
Soap and Ointment

Samples Free by Post

A simple, easy, speedy treatment. Smear the pimples with Cuticura Ointment, wash off in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. Use night and morning.

For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, these fragrant emollients are wonderful as well as ideal for the toilet.

For free sample, each address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

Belgian Red Cross.

"Relief of Belgian children suffering from tuberculosis and rickets."

"Belgian orphan fund."

"Belgian national relief fund for war orphans, etc."

All donations received prior to the 15th of June will be held at the disposal of the Commission for Relief in Belgium, for the purchase in Canada of Canadian produce, according to our previous pledges.

The central executive committee will issue in the immediate future a report covering the whole of their operations up to the 15th of June.

Thanking you for publishing the above, we remain,

Yours truly,

A. D. Jardin,

Hon. Secretary-Treasurer.

Montreal, Canada, June 2, 1917.

A Floral Peelage.

In a railway carriage in England two men were talking rather loudly: "Lord French is rather sick," one of them observed.

"Yes," said the other, "so is the Marchioness of Powys, but the Duchess of Cleveland is getting on famously. The Earl of Rosebery seems to be dwindling away. I can't make it out."

When they left the carriage a passenger remarked to a friend that these two fellows seemed anxious to impress the company with the fact that they were acquainted with every one in Burke's Peerage.

"Peelage be blowing," he said, rudely, "they were talking about dahlias."

—Pittsburgh Chronicle.

Minard's Liniment for sale everywhere.

GET RID OF RATS.

Costly and Dangerous, They May Be Driven Out.

Many a seemingly unexplainable illness in our homes may oftentimes be traced to the presence of rats. These little animals travel everywhere, and in their journeys go in and out among filth and where disease prevails. They thus become carriers and disseminators of disease and pestilence.

The only wild animal that lives under the same roof with man is the rat, says Literary Digest. We pay for his keep, although we are not on friendly terms with him. In return, he plagues us in many ways; he steals our food, and, above all, is active in the spread of disease. The annual rat bill of the United States for food alone is estimated by Mary Dudley, writing in the Forecast, at \$160,000,000.

The rat not only disseminates bubonic plague, but carries tapeworms, trichinae, typhus, round worms and other parasites, besides being suspected as an active agent in communicating leprosy and infantile paralysis. It can gnaw through any common building material except stone, hard brick, cement, glass and iron. It destroys whole fields of grain, climbs trees to steal fruit, eats both fowls and their eggs and destroys game. It steals costly furs and furs for its nests when it can get them. Much of our annual loss by fire is due to the rat, and he also starts floods by burrowing into dams and levees. He is a great traveler and fond of living on shipboard, though, fortunately, he journeys little by rail. Finally, his fecundity is prodigious, the fond mother presenting him with numerous additions to the family circle sometimes as frequently as once a month.

The modern way of attacking the rat, this writer continues, "is to build it out." The ratproofing of buildings is described as "a cheap form of insurance against fire and pestilence."

Miss Dudley continues: "When rats get into ratproof buildings we have to resort to traps and poison to get them out, the former being the least objectionable. In the use of traps it must be borne in mind that the rat is cautious and will not enter strange-looking contrivances in search of food if plenty of other nourishment is available. The trap should be strong enough so that the rat cannot force its head between the wires and escape, and should be dipped in boiling water or smoked before being set to kill the human smell, or that of rats previously caught. It should not be placed in an open space, but along the wall or in a narrow runway, for the rat's vision is somewhat defective in the daytime, and depending on its whiskers as a guide it has to keep close to some wall or other boundary. Fish makes an excellent bait but an odorous edible different from the animal's customary diet is likely to attract it. Poisoning should not be resorted to in dwellings, and some of the most efficient poisons are so dangerous that they should be used only by experts.

"Traps, cats, weasels and ferrets are all useful, but the ordinary house-

too well fed to care for such and if not injured to the hard life is not equal to a common full-grown brown rat. Non-snakes have been employed with considerable success in ware-

and Interesting Facts.

meroons, the German colony in Africa, recently occupied by British forces, regarded as a great potential rubber zone. The first attempts at rubber exploitation were made some years ago in the northern part of the colony, where the Landolphia florida, which is regarded as the greatest rubber-producing plant, was found.

Scientists are working upon a method whereby a commercially satisfactory paper pulp can be made from flax straw. Hitherto the straw had to be burnt for want of proper methods of treatment.

Between the steel helmet used by the troops and its lining of felt and wadding, are fixed a number of rubber studs, which take up the shock of a blow. The wadding comes next the head, so that in case of penetration and a resulting scalp wound it acts as a dressing.

An electric fare box that has been invented for street cars, automatically registers the correct number of fares paid by each kind of coin dropped into it.

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINCO.

"Woodlands," Middleton, N. S.

Unconscious Humor Gems.

While nosing through exchanges, John D. Wells, managing editor and column conductor of the Buffalo News, unearthed this choice collection of unconscious humor which is said to have been copied from the New York state regent's examination papers:

Itasca, at the foot of Cayuga Lake, has a large university for the insane. The main provision of the Mayflower compact with potatoes.

The function of the stomach is to hold up the petticoat. Pompeii was destroyed by an eruption of saliva from the Vatican.

Six animals peculiar to the frigid zone are three seals and three polar bears. Three kinds of teeth are false teeth, gold teeth and silver teeth.

The permanent set of teeth consists of canines, eight bicuspids, 12 molars and four cuspids. Typhoid can be prevented by fascination.

Guerilla warfare is where men ride on guerrillas. The Rosetta Stone was a missionary to Turkey.

Three heavenly bodies are the Father, Son and Holy Ghost. The invention of the steamboat caused a network of rivers to spring up.

The qualification of a voter at a school election is that he must be the father of a child for eight weeks. After a while the Republican party became known as the Free Spill party.—Youngstown Telegram.

"The world owes every man a living." "True, but every man has to be his own collection agency."—Detroit Free Press.

TREATING BURNS.

French Surgeon's Method Has Splendid Results.

The daily press and certain medical reports from the European fighting front have frequently mentioned a new and successful treatment of burns by French surgeons. Since the special dressing was known by a coined word and since the composition was not definitely stated, the profession has been awaiting an official description. In the first place, it is not very new, says the Medical Record, since its employment goes back to 1904. It has been in use in the present war almost from the outset, but has only recently come into anything like general employment. It consists of a mixture of paraffin and resin, and while no chemical change is set up, it possesses peculiar physical properties which make it advisable for the treatment of burns.

In the Archives de Medicine et de Pharmacie Militaires for August, Dr. Barth de Sanfort reported over 300 burns in soldiers treated with the remedy, which is described in detail. The name "ambrine," with which it was christened, came from its amber hue, and seems to be purely descriptive. This surgeon states that he first de-



Argentina's Preparedness.

Argentina has a population of only 8,000,000. Its area is a little less than one-third that of the United States. The average American mental picture of it is that of a country whose inhabitants are occupied mainly with agriculture and raising of cattle. But Argentina could, in time of necessity mobilize an able-bodied army of 185,000 soldiers between the ages of 18 and 30.

The first article of the magna charta of Argentina provides that "every Argentine is liable to military service and instruction in accordance with the provisions of this law."

Between 50,000 and 60,000 Argentine youths reach the age of military service each year. Of these, the Government takes about 30,000, drawn by lot, and from these assigns 18,000 to the army for a year's training, and 3,000 to the navy for a two years' term of service. But those not drafted still receive a kind of military training at home, in the rifle clubs that are organized all over the country.

The regular army consists of only 5,000 officers and privates, but with the annually drafted 18,000 conscripts there is always an army of 23,000 in active service. Those who have passed through the year of training constitute the reserve upon whose services reliance is placed in case of war. They are already so numerous that, as stated above, an efficient force of nearly 200,000 could be called to arms if its services were required.

Being a country that has about one-thirteenth the population of the United States and one-third of its area, Argentina has made better progress toward preparedness than the United States.—Albany "Journal."

Minard's Liniment Cures Dandruff.

LINGERING WEAKNESS FOLLOWING DISEASE

Banished by the Wonderful Tonic Powers of Dr. Williams' Pink Pills.

How often victims of disease, such as la grippe, fevers, or contagious troubles are left weak, ailing and despondent after the disease itself has disappeared. They do not pick up strength as they ought; remain listless, tired and discouraged. The reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength will not return until the blood has been enriched. The blood can be purified and enriched by no other medicine as quickly and as surely as by Dr. Williams' Pink Pills—to enrich the blood and strengthen the nerves is the whole mission of these pills. Thousands have found them beneficial in bringing strength and energy after disease had left them weak and run down. Miss Hannah Hamilton, Everett, Ont., says: "After an attack of la grippe I was so run down and anemic that I could scarcely walk. I had no color, no appetite, and constant headaches. The medicine I was taking was doing me no good and I had almost lost hope of getting better. I was asked to try Dr. Williams' Pink Pills, and it was not long until I could feel that they were helping me and after taking them for a couple of months I was completely cured. I now never fail to recommend these Pills to anyone needing a blood builder."

You can get these Pills through any dealer in medicine or by mail post-paid at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

FOCUS EYE FOR COLOR.

Reading by Blue-White Electric Light Requires Close Vision.

Nowadays many people when reading books or newspapers hold them nearer to the eye than used to be customary. By most people this is regarded as evidence of short sightedness, and is advanced as an illustration of the constantly declining physical standard. As a matter of fact, the reason is entirely different, remarks the Washington "Post."

Most reading is done under electric light, and electric, while brighter than gas light or lamp light, is blue and contains a different proportion of light rays. The variance between the yellow light and the blue-white light is of a modern tungsten vacuum electric light requires a difference in focus of almost two inches. A book or a newspaper, to be read with equal ease, then, should be held two inches nearer to the eye under electric light than under lamp light.

The reason for this can be made quite clear. The eye is a single lens, and, as a photographer would say, it is not corrected for chromatic aberration, or, in other words, it has to correct itself for various colors. Now, the eye naturally adjusts itself for yellow and green. It is therefore, out of focus for blue. Color is merely the number of light waves; the red waves are slower and blue waves faster than yellow ones.

A newspaper printed on a pink paper, therefore, for this average eye should be read at a distance of sixteen inches; a newspaper on a cream colored paper at fourteen inches and one on a blue-white paper at twelve inches. Or, to put the matter another way, reading a newspaper or book on white paper under a pink, yellow or a blue-white light requires just the same adjustment of distance.—New York "Tribune."

Minard's Liniment Relieves Neuralgia

Line and Staff Officers.

Broadly speaking, the distinction between a line officer and a staff officer is that between the fighter and the non-fighter. The staff officer has non-military duties. He may, for example, be a member of the medical corps, an instructor at a military institute or have charge of some administrative department of the army or navy. The word is also used for those men attached to the staff of the commander-in-chief. A line officer is literally that; he is the man in the field or on a battlefield to do the actual fighting.—New York Sun.

ISSUE NO. 25, 1917

HELP WANTED.

WANTED — PROBATIONERS TO train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

MONEY ORDERS.

DOMINION EXPRESS MONEY ORDERS are on sale in five thousand offices throughout Canada.

Profitable Beef Production

The results obtained at the Experimental Farm at Nappan in feeding good stockers, heavy fed vs. good stockers, light fed, were as follows:

Eight steers were selected, in such condition that they could be classed as good stockers. These were deboned and fed a preparatory ration for a few weeks previous to starting the test, in order to get them accustomed to their feed and surroundings, then divided into two lots of four each. The four heavy fed, or Lot 1, were given 50 per cent. more roots and meal than were the four light fed, or Lot 2. Number of days in test 93; total weight at the beginning for Lot 1, heavy fed, 4,573 pounds; at finish, 5,295 pounds, an increase of 722 pounds. For Lot 2, light fed, at beginning 4,206 pounds; at finish 4,880 pounds, an increase of 674 pounds.

The original purchase price was 6.25 cents per pound, live weight. The selling price was 8.1 cents per pound. The gross profit for Lot 1 was \$145.09; for Lot 2, \$132.40. The total cost of feed for Lot 1 for 93 days was \$99.16; for Lot 2, \$75.29, leaving a net profit for Lot 1 of \$45.93, or a profit per steer of \$10.98; for Lot 2 a net profit of \$57.11, or per steer \$14.28, a difference of \$3.30 per steer in favor of the light fed.

The average profit for steer for three years, over and above the cost of feed at market prices, was for Lot 1, \$16.06; for Lot 2, \$18.05, a difference of \$1.99 per steer in favor of the light fed. The average cost for three years to produce one pound of gain was 11.08 cents in the case of heavy fed and 9.57 cents for the light fed. The ration fed to Lot 1 at the beginning of the period was 60 pounds roots, 6 pounds meal, 1 pound molasses. At the finish 40 pounds roots, 16.5 pounds meal, 2 pounds molasses. For Lot 2 at the beginning, 40 pounds roots, 4 pounds meal and 1 pound molasses; at the finish 30 pounds roots, 11 pounds meal and 2 pounds molasses. The meal mixture was made up of 200 pounds of ground oats and barley (equal parts by weight), 200 of bran, 50 of alfalfa, 50 of cotton seed.

The meal mixture cost \$1.50 per hundredweight; roots were valued at \$2 per ton; hay at \$5 per ton; and molasses cost 20 cents per gallon.

It will be noted that the greater profits were realized for the lighter fed steers. Similarly the light fed good butchers, as per results given in Series 1, gave the greater profits, but a greater difference was noted in the good butchers, light fed, then in the above instance, which would naturally be expected because the former are too advanced to make the same profitable use of the food consumed as would the latter. Nevertheless, there appears to be a profitable limit in the amount fed, even to good stockers, as the above test verifies, as it also does, that good profits can be realized by the proper finishing of good beef.

Minard's Liniment Cures Burns, Etc.

Olive Oil.

It's good. Especially in winter. Serve it in salads. It's the basis of French dressing. And some take it alone, to build up. It is very necessary to have it pure. But, alas! it is very, very often adulterated. But there's a way of telling the pure olive oil. It is of a greenish color, has a curiously thick consistency and has the odor of the olive.

A woman isn't always as old as she looks, or as young as she thinks she looks.



Jellies have high food value

Make as many as you can. They will be worth a great deal to you next winter.



"Pure and Uncolored" makes clear, delicious, sparkling jellies. The purity and "FINE" granulation makes success easy. 2 and 5-lb 10, 20 and 100-lb cartons sacks 130

Ask your Grocer for LANTIC SUGAR



HOLIDAY TIME CALLS FOR FLEET FOOT SUMMER SHOES

CAN'T trust yourself to slippery leather, in canoe, sail boat or yacht. And, of course, you have to have Fleet Foot Shoes for tennis, baseball, golf and lacrosse. Fleet Foot Pumps or low shoes are the proper accompaniment of Summer apparel. And Fleet Foot Summer Shoes cost so much less than leather, that it is real economy to wear them.

Look trim and neat—enjoy yourself—and save money, by wearing Fleet Foot this summer.

