

SAVE FOOD

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

BRITISH WOMEN IN THE WAR

According to official announcement there are, at the present time, 4,538,000 women and girls employed in classified trades that are under the jurisdiction of the British Board of Trade. These figures are exclusive of women employed in small trades and on the land. Domestic servants are also excluded. All hospital helpers, Red Cross and other nurses are not counted. Taking all classes of British women war workers the total is considerably over 5,000,000.

Less than 200,000 women were employed in Great Britain before the war began and these were mostly in textile mills. The report for 1917 gives 198,000 in government offices exclusive of civil service and local government. The latter two employed 140,000. Munition workers numbered over 800,000; workers in chemical and engineering plants, 200,000; land workers, 100,000 (with an additional 30,000 called for this summer) and thousands as mechanics, motor drivers, ambulance drivers, street car and omnibus operators, cab drivers, every sort of railway work, letter carriers, bank clerks, and office workers of every kind. Recruiting goes on steadily in all these lines, and the response has been to the tune of 15,000 a week.

The spirit of these women is wonderful. Difficult work and dangerous work is not shunned but taken up cheerfully. Extra hours are taken as a matter of course. "We're not tired!" is their motto, and when holidays are mentioned the reply is: "What will our men at the front do if we go holiday-making?" Girls who never tied their own shoes nor stuck to anything continuously for thirty minutes, work contentedly through a long day for weeks and months side by side with their former maids or women from the fields.

Skilled workmen have been glad to teach these brave and plucky women the secrets of trade efficiency. Excavating for factories, actually laying the bricks and doing the carpentering is being done every day in order to release men for the front.

"Farmerettes" is a name which carries a pleasant suggestion of picturesque employments but too often it stands for such unlovely tasks as cleaning pigsties or such nerve-racking work as tending horses when one is actually afraid of the creatures. "Make the most of yourself and be worthy of the trust that has been placed in you," was the British Government's advice to applicants for service in the Woman's Land Army. Not one of the more than 5,000,000 women engaged in war work has failed to heed the message.

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Linen Dress Goods, Round Thread Linens,
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Towels, Linen Crash,
Hand-made Laces, Pure Linen Embroidery,
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Spreads.

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FINE TABLE LINENS
IN ALL SIZES

HILL'S LINEN STORE
St. Stephen, N. B.

CAMBRIDGE FRIENDLY TO WOMEN

One of the most amazing things to-day is the way in which gifts are being showered into the hands of women who have, up to the present time, been busily employed making the most of their opportunities instead of railing unduly at the "lord of creation" for depriving them of greater opportunities. It is not many years since the entrance of women into the medical profession was denounced as dangerous and even worse. Women lawyers are not accorded a hearty welcome even yet, in some parts of this continent, and co-education has not yet been accepted by all of the leading universities on this side of the Atlantic.

Just at the time women forsok their chosen work in order to help "carry on" or just as they have been able to demonstrate the superior advantages which their special training has given them they are being rewarded with wide-open doors where hitherto they have been confronted by closed portals. Nurses and V.A.D.'s, women doctors like Elsie Inglis and hundreds of others rushed to help in the world's crisis. Men watching the work, have said: "Take all you wish of medical training. You are welcome. The profession is safe in your hands." Universities are admitting women on equal terms with men for medical training. McGill, at Montreal, is the latest addition to the list.

Coming almost as a shock is the announcement that Cambridge University has broken away from its conservative position, taken in 1897, at which time the Senate of Cambridge University voted to reject the proposal to admit women to the titles of degrees although not hindering women from qualifying for those degrees. The subjects necessary to a Cambridge B. A. could be pursued by a woman, and the credits which would cause that degree to be conferred on a man might be won by a woman but the most she could hope for was a mere certificate which was not the degree. It has come about, however, that a woman who has thus "qualified" for a degree is entitled to a place on the Parliamentary register and may vote for University members of the House of Commons. This fact breaks down the barrier of years. The last vestige of an objection has been swept away by the women themselves at a time when they were least thinking of such a thing. It has been shown that Cambridge-trained women are a national asset of no mean importance in professions not easily recruited. Medicine, teaching, scientific research, public administration have all needed these women and have profited decidedly by the fact that the women were available.

To-day there is practically no objection among Cambridge graduates to admitting women to degrees the same as men. They are proposing to admit women as equals of men in matriculation, keeping terms, admission to examinations, and degrees; they must be matriculated from such colleges and public hostels as Girton and Newham Colleges. Fees for women and men shall be the same, and the women's hostels shall be responsible for certain other fees. This provision as to fees would add considerably to the University's finances. Women may qualify for any office of the University and everything relating to discipline and academic dress will be open to women. The things are not included in the main demand which is only that the Council of the senate shall be asked to nominate a syndicate to report on the measures necessary in order to admit women to full membership of Cambridge University.

Among the signatories to this statement are the master of Gonville and Caius College, the master of Downing, Rev. Professor Bethune Baker, Professor Bevan, Dr. Henry Bond, Dr. Clapham, Mr. W. Durnford, Professor F. Gowland Hopkins, Mr. Arthur Hutchinson, Mr. H. McLeod Innes, Professor Henry Jackson, Dr. Courtney Kenney, Dr. J. N. Keynes, Dr. J. E. McTaggart, Rev. Canon Parry, Mr. A. S. Ramsey, Professor J. S. Reid, Rev. Professor V. H. Stanton, Rev. Dr. Stewart, and Professor James Ward.

R. A. Stuart, Registrar for Charlotte County
St. Andrews, N. B.
July 2nd, 1918.

NEW OVERSEA NURSES' CLUB HOUSE

Early in April there was opened in Rutland Square, Edinburgh a splendid club house for colonial and United States nurses who visit Great Britain when released from their arduous duties in France. The building was originally a club house for men of the overseas forces and so completely did the house fulfil its mission of giving comfort and rest it was soon impossible to accommodate all the applicants. On moving the men's club to new quarters the Rutland Square house was fitted up by a citizen interested in providing comfortable quarters for visiting nurses. There is sleeping accommodation for sixteen, and the charges for meals and bed are very reasonable. The expectation is that the owners of many beautiful Scottish estates will supplement the hospitality of the club house by invitations to their country homes. The Edinburgh branch of the Victoria League is responsible for the club house. The Marchioness of Linlithgow is president of the Victoria Branch.

Minard's Liniment Cures Colds, Etc.

CANADA FOOD BOARD REGULATIONS

That Canada is at war will be brought home to every man, woman, and child next month when all bread made from standard wheat flour must be labelled "Victory Bread" and mixed with a percentage of substitutes for wheat flour. This is the effect of a recent Order issued by the Canada Food Board in a vigorous effort to save the existing wheat supplies so as to make them last out until the wheat of the coming harvest reaches the flour mills and the new flour is distributed for consumption.

The new Order defines substitutes for wheat as corn, oats, barley, rice, rye, buckwheat, tapioca and any mixture of same; potato flour, bran shorts, oatmeal, rolled oats, corn meal, corn starch, hominy, corn grits, rice meal, and potato meal.

On and after July 1st one pound of wheat substitute must be used by all bakers, confectioners, and public eating-places with every nine pounds of standard wheat flour in making any bakers' products, and the same rule shall apply to every person in Canada who bakes bread, rolls, or pastry for private consumption. On and after July 15th in all Canada east of Port Arthur the proportion is to be increased to one pound with every four. In Port Arthur and the West this increase is still in abeyance, preceding the report on the quantities of substitutes available.

It is provided in this Order that on and after July 15th no licensed dealer shall sell for private consumption east of, but not including, Port Arthur, white flour to any person who does not purchase from him substitutes in the proportion of not less than one pound to two pounds of standard flour. West of Port Arthur the proportion is kept at one pound substitute to four pounds wheat flour. The brand "Victory Bread" is to be affixed to every loaf as a guarantee that the prescribed amounts of substitutes for standard wheat flour are being included therein. Bread not bearing this label may be seized, and any person violating the regulation is liable on conviction to a penalty not exceeding \$1000 and not less than \$100, or imprisonment for a period not exceeding three months, or both fine and imprisonment. Fines are to be paid to the municipal officer who secures the conviction or to the Provincial Treasurer, where a Provincial Officer secures the conviction.

Mollie—"And did she entertain you, last night?" Chollie—"No she sang the whole time."—*Yonkers Statesman.*

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TONNAGE LOSSES IN MAY

London, June 27.—Merchant tonnage losses for the month of May due to enemy action and marine risk, the British Admiralty's monthly statement shows, were as follows:

British, 224,735 tons.
Allied and neutral, 130,959 tons.
This aggregate for May of 355,694 tons compares with an adjusted aggregate for April of 311,456 tons and a total of 630,336 tons in May of last year.

The losses from marine risk are stated to have been unduly heavy last month.

The Shipping Ministry announces that steamships of 500 gross tons or more entering and clearing in United Kingdom ports during May, exclusive of coastal and channel traffic, totalled 7,777,843 tons.

BRITISH LOSSES IN JUNE

London, July 1.—British casualties reported during the month of June totalled 141,147. This compares with the total casualties reported during May of 166,802. The losses for June were divided as follows: Killed or died of wounds: Officers, 816; men, 17,494; wounded or missing: Officers, 3,619; men 119,218. The losses reported during the past eight days, rounding out the weekly reports for the month, were as follows: Killed or died of wounds: Officers 142; men 4,773; wounded or missing: Officers 553; men 32,244.

Daughter—"Papa went off in great good humor this morning." Mother—"Mercy! That reminds me I forgot to ask him for any money."—*Boston Transcript.*

The Morning Cup
well begins the day.

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The "Extra" in
Choice Tea

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TEA