THE WHOLE BODY NEEDS PURE BLOOD

The bones, the muscles, and all the organs of the body depend for their strength and tone and healthy action on pure blood.

If the blood is very impure, the bones become diseased; the muscles become enfeebled, the step loses its elasticity, and there is inability to perform the usual amount of labor. The skin loses its clearness, and pimples, blotches and other eruptions appear.

Hood's Sarsaparilla makes pure blood. It is positively unequaled in the treatment of scrofula and other humors, catarrh, rheumatism, dyspepsia, loss of appetite, that tired feeling. Be sure to get Hood's and get it today. All druggists.

Satisfactory Glasses!

Those who wear our Glasses know what to expect of our service. You can always count on the quality of the work, and the spirit in which your needs are looked after here. If you need Glasses — different Glasses or Better Glasses—you should see us. We have the stock, the equipment, and the skill to suit your every Optical need. Our many pleased patrons prove our proficiency.

Harvey Optical Co.

OPTOMETRIST
8 South Market St.,
Open Tuesday and Saturday Evenings

TO THE PUBLIC

In order to assist the Canada Food Board in the conservation of Food for the Allies, and to save money for our customers

The Royal Cafe

has introduced a Combination Menu, with all summer delicacies, at Special Prices—see our new menu cards and prices.

Our idea is to furnish meals for hot weather "when cooking is not pleasant" cheaper than you could prepare them in your own home, fresh, and of the best quality, at rock bottom prices. Come and give us a trial.

Our Motto—Service and Cleanliness Always.

Special Combination Meal Tickets for Sale. Good for meals at any time.

The Royal Cafe
'Phone 1853. 151 Colborne St.

MOTHERS TO BE

Should Read Mrs. Monyhan's Letter Published by Her Permission.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, sometimes I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I was entirely relieved of neuralgia, I had gained in strength and was able to go around and do all my housework. My baby when seven months old weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."—Mrs. PEARL MONYHAN, Mitchell, Ind.

Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

With the Bishop of Columbia presiding and Lt.-Col. Bishop de Pencier and Archdeacon Heathcote as speakers, the Anglican summer school opened at Victoria.

DR. DEVAN'S FEMALE PILLS Reliable monthly medicine for all Female Complaints. $5 a box, or three for $10, at drug stores. Mailed to any address on receipt of price. THE SCOBELL DRUG CO., St. Catharines, Ontario.

PHOSPHONOL FOR MEN Restores Vim and Vitality; for Nerve and Brain. Increases 'grey matter'; a Tonic—will build you up. $3 a box, or two for $5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG CO., St. Catharines, Ontario.

MADE TARGETS OF LIFEBOATS

German Submarine Shelled Crew of Lux Blanca After They Left the Ship

SHIP PUT UP FIGHT

U-Boat Was Over 300 Feet Long and Carried Two Guns

An Atlantic Port, Aug. 7.—Capt. Thomas of the oil tanker Lux Blanca, which was sunk 35 miles southeast of here yesterday by a German submarine after nearly four hours of desperate fighting, has arrived in this city. Capt. Thomas is an elderly man, weather-beaten and quiet. Although he spoke of his experiences, his only comment upon them was, "We had a pretty warm time." His story differed from the previously published accounts.

At noon yesterday the Lux Blanca was about thirty-five miles southwest by south of this port. She was proceeding along her course, when the vessel suddenly shook from stem to stern. She had been struck by a torpedo, and her hull was badly damaged. There was no sign of the craft that had fired the projectile. Captain Thomas turned the Lux Blanca around and began to race back to this port.

Range Inadequate

A few minutes afterwards the submarine was sighted five miles away. The single gun mounted upon the stern of the tanker fired several shots, but the range was inadequate. The submarine did not answer the fire. She remained in sight for about an hour and a half and then disappeared.

Shortly after 2 o'clock in the afternoon she reappeared immediately astern of the Lux Blanca and commenced shelling her. The gunner on the attacked steamer responded, and for almost half an hour there was a lively artillery duel, with neither side registering a hit.

The odds were against the Lux Blanca, in spite of her plucky resistance. The submarine had two guns to her one, both of more powerful calibre. A shell struck her propeller and blew it off, rendering further progress impossible. Then another shell landed directly in front of the bridge, wrecking the forward portion of the deck. Two of the crew were killed in its explosion, the second steward, S. McMann, and the second cook, a man named Olendorff. Three others were severely wounded by flying fragments. It has been necessary to remove them to the local hospital for treatment.

Life Boats Aimed At

The Lux Blanca had now lost headway and was rocking helplessly in the trough of the waves.

Her men lowered the life-boats and jumped into them. They had no time to secure a stock of provisions; they were even unable to bring along the bodies of their slaughtered comrades. The merciless bombardment of the Lux Blanca was continuing.

They left the ship at 3 o'clock. As they rowed frantically away, the shells were bursting in the water all around them, some of them aimed directly at the three life-boats.

When they were half a mile distant from their ship, they saw a sudden jot of flame spurt up from amidships and soon she was enveloped in smoke. The submarine fire continued. When last seen the Lux Blanca was still afloat.

Two of the boats were picked up at half past four by a submarine chaser and brought to shore. The third separated from the others and sailed as far as the lightship anchored off here, arriving in port late last night. They reported that the submarine had been close to them, but had submerged upon sighting the chaser against the horizon.

Captain Thomas stated that he had not seen the enemy craft distinctly, but that his third mate who had observed her while near the tanker, said that she was more than 300 feet long and carried two large guns. No words passed between the Commander of the submarine and the crew of the Lux Blanca.

Munition Workers In England.

I have talked to munition workers in factories, etc., etc. All women who work on munitions need encouragement. It is not women's work. If you could see the heads bent over the work — women's heads, such pretty heads!—you would rebel as I did. But they are dedicated to this service because there is one thing worse than war, and that is dishonorable peace. I think our women will not have any such peace. Just before I came here I went to Woolwich Arsenal to get light on how matters were there. There is one splendid welfare superintendent there, who looks after forty thousand women workers. I asked her if the spirit of the women who had been working so long at munition work was as fine as in the beginning; and she answered, Yes, it is just as fine, but I think it is more determined, and there is only one thing that would make them rise in a body and that is if an inconclusive peace was settled upon. They have worked so long they will only hold on to victory. —Mrs. A. Burnett-Smith, in Atlantic.

Ludendorff.

Lieutenant-General Quartermaster von Ludendorff is undoubtedly today the Germans' trump card. Haase, the Socialist leader, is reported to have said in the Reichstag recently: "The truth, gentlemen, is that Count von Hertling is only a sign, which covers the all-powerful military party; the real ruler is von Ludendorff." Von Hindenburg relies upon him to a large extent, and the Berliners are said to have nicknamed him Field Marshal "Was-sagst-du?" This is the result of his answering questions so frequently by turning to von Ludendorff and saying "What do you say?" The cognomen, one can be assured, is not at all relished by the idol of the German nation.

ADMIRAL VON CAPELLE.
German Minister of Marine, who will resign soon, according to Berlin advices.

OVER FIVE MILLION HAVE REGISTERED

Total For the Entire Dominion Will Exceed That Figure

Ottawa, Ont, Aug 6.—Hon. Senator Robertson, chairman of the Dominion Registration board was able to-day to announce practically complete returns of the man and woman power registration taken on June 22. With returns from a few points more in the northern parts of the western provinces and postoffice registrations still to come in 4,811,646 people have registered. The completed returns it is said will make the final figures well over five million.

The census of 1911 showed that forty percent of Canada's population was under 16 years of age. Calculated on a basis this would indicate the present population of Canada to be over eight and a quarter millions, in view of those now overseas.

In connection with the registration, the names of 167,703 male agricultural workers, have been secured and placed at the disposal of various organizations dealing with the problem of farm labor in the various provinces.

TRIBUTE PAID TO SIR ROBERT BORDEN

The London Daily Telegraph Praises Achievements of the Premier

London, Aug 6. (Canadian Press Despatch from Reuters Limited)—Referring to the telegram of Sir Robert Bordon to the cabinet in August 1914, pledging Canada's assistance and which was mentioned by the Duke of Connaught at the Canada Club, the Daily Telegraph says:

"It is well to be reminded that this Statesman, whose recent speeches among us have so clearly rung with a resolve that is still unshaken among the free communities of the Empire was among the first to proclaim that solidarity of the Dominions with Great Britain which our enemies refuse to believe. This was not the least of their miscalculations. The part played by Canada has completely been worthy of the high confidence which Sir Robert Borden's message contains. Only recently Canada set the seal on her military undertakings by returning Sir Robert in an election dominated by the question of compulsory service. He will return home with knowledge that Great Britain stands unmoved in resolution and is not unworthy of the devotion and loyalty which his country with the rest of the empire continues to prove on the battlefield and not less in the farms and workshops

MATHESON IN COURT

By Courier Leased Wire

Toronto, Aug. 7.—Thos. G. Matheson, arrested by the police in connection with riots, appeared in the police court this morning charged with making speeches likely to prejudice recruiting and cause dissatisfaction in his Majesty's forces.

T. C. Robinette appeared for him. A remand until the 13th was asked for by Assistant Crown Attorney McFadden, who fixed the bail at $2000 cash or two sureties of $2000 each, with an undertaking to be given by Matheson not to take part in any public gathering or make any speeches. His counsel pleaded that Matheson had had no part in the rioting.

DEAD GERMANS ON COAST.

By Courier Leased Wire

London, Aug. 6.—Fishermen arriving at harbors on the west coast of Denmark report having seen a large number of dead bodies of German seamen along this coast, says an Exchange Telegraph despatch from Copenhagen to-day. All the bodies had life belts on.

Clean to handle. Sold by all Druggists, Grocers and General Stores.

JAPAN WILL SEND MORE IF NEEDED

Premier Says She May Also March Against Teutons in the Far East

INTERNAL SITUATION

Somewhat Relieved — Plans Will be Carried Out to the Full

Tokio, Aug. 6.—Premier Count Terauchi, in a statement concerning allied action in Siberia, said the Japanese Government would take further military measures in case the position of the Czecho-Slovaks demanded it. The Premier also indicated that if the chaotic situation in Siberia continued the Government might find it necessary to adopt suitable military measures to combat the Austro-German menace in the Far East.

Count Terauchi stated that the present step had been taken in perfect accord with all the allies. He hoped, he said, that it would mark the beginning of a new era of peace and order in Siberia. If it should be necessary for the allies to despatch additional troops and arms the country must be prepared to meet the emergency.

The effect of the Government's declaration of intention to despatch forces to Siberia in aid of the Czecho-Slovaks, which was published in the Official Gazette, had been completely discounted. The Japanese-American negotiations had been made the basis of a recrudescence of wrangling over domestic politics with charges and counter-charges and sensational demands for the resignation of the Cabinet and the customary campaign of recriminations. Consequently the Government had recently closed down tightly on the newspapers, which were rigidly suppressed if they attempted to discuss the negotiations. The publication of the declaration, however, has to a certain extent loosened the muzzle, although the censorship continues of a most rigid character especially regarding the movements of troops or anything affecting military policies.

Tenseness Relieved.

It is understood that the Seiyukai majority party in the House is willing to adopt a wait-and-see policy. Consequently the Kenseikai minority, which had hoped to effect an opposition combination, is powerless for the present. There seems every reason to believe that the tenseness of the situation has been relieved and that the plans for the protection of the Czecho-Slovaks and of the allied interests against German and Austrian influence in Siberia, completed a long time ago will be carried out without excitement. As far as Japan is concerned, every detail for putting the plan into execution had already been arranged. A Red Cross base hospital with a full equipment and complete staff has already been organized at Vladivostok and additional supplies, nurses and doctors are leaving weekly.

It is predicted in well-informed circles here that the present concerted action by the allies in Siberia will act as a sedative on the situation and possibly result in Siberia finding itself at an early date with a Government sufficiently strong to control the situation as far as the Ural Mountains.

PETERBORO FUEL COMMISSION.

Peterboro, Aug. 6.—Messrs W. H. Bradburn, T. H. G. Denne and M. L. Campbell have been selected to constitute a Fuel Commission to succeed Ald J. Edgar, who resigned when City Clerk Armstrong discovered an amendment to the Municipal Act which disallows a member of the Council from holding any office within its control. Aldermen J. Saunders and William Langford have resigned from the Board of Health for similar reasons. Their successors are ex-Mayor Wm. Buller and ex-Ald. H. Morgan.

J. D. (Jack) De Pencier, Victoria, one of the two sons of Lieut.-Col. Bishop and Mrs. DePencier serving the Empire, was promoted last month from second lieutenant in the Royal Air Corps, to captain and flight commander.

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Try Velnor, the Modenr Shampoo To-night! Costs Little, Easy to Use

You can now know the comfort, the satisfaction the hair beauty, that regular shampooing brings—and at little cost. Your drug store now sells Velnor, the modern shampoo, in a handy 50c carton.

Velnor is a new shampoo—the finest Science has created. It is made in a concentrated powder form, containing Nature's own pure and beneficial ingredients in a way that no ordinary liquid shampoo can. It cleans the scalp thoroughly, leaves the hair fluffy, wavy, splendid to handle and dress.

It is easy to use—the carton contains six individual sachets, each sufficient for a single shampoo. And its economy most maches its convenience—it is by far the most inexpensive shampooing preparation in the world. Buy a carton of Velnor Shampoo tonight. Follow directions.

MARKETS

Butter	0 49 to 0 50
Eggs	0 00 0 48
Cherries	0 00 1 50
Raspberries	0 00 0 25
Grain	
Hay	12 00 13 00
Oats	1 20 1 20
Rye	1 60 1 60
Straw, baled	6 00 7 00
Wheat	2 10 2 10
Barley	1 00 1 00
Vegetables	**N**
Beans, quart	0 00 0 5
Beans, peck	0 00 0 30
Cabbage, doz	0 90 1 50
Cabbage, head	0 10 0 20
Cabbage, head	0 10 0 25
Carrots, basket	0 00 0 25
Green Onions, b'ch	3 for 10c
Celery, 2 for	0 25 0 15
Parsnips, basket	0 00 0 15
Potatoes, per bushel	0 00 1 60
Potatoes, bag	2 00 2 40
Turnips, bushel	0 40 0 50
Lettuce, bunch	2 for 15 0 08
Tomato plants, doz	0 15 0 15
Asparagus, bunch	3 for 25
Green Peas, quart	12 1-2c
New beets, bunch, 10c,	3 for 25c
Fish	
Halibut, steak, lb.	30
Kippered herring, pr.	0 10 0 15
Salmon trout, lb	0 20 0 23
Salmon, sea	0 30 0 30
Mixed fish	0 10 0 12
Herring, fresh	0 10 0 15
Meats.	
Dry salt pork, lb	0 30 0 35
Fresh Pork carcass	0 21 0 24
Bacon, back trim.	35 50
Bacon, back	0 45 0 45
Beef, boiling, lb.	0 20 0 25
Beef, roast, lb.	25 30
Beef, steak	30 40
Chickens, dressed	1 60 1 95
Chickens, per lb.	0 00 0 35
Celery plants,	15 for 15c

BUFFALO MARKETS.

By Courier Leased Wire.

East Buffalo, Aug. 7.—Cattle, receipts 125, steady.

Calves—Receipts 100, steady, $7 to $18.50.

Hogs— Receipts, light; strong; heavy, $20.75 to $20.90; mixed, and light yorkers, pigs, $21; roughs, $18 to $18.25; stags, $12 to $15.

Sheep and lambs—Receipts light; steady and unchanged.

NEW YORK STOCKS.

Kemerer, Matthes & Co., 136 Dalhousie St., phone 186, quotes N.Y. stocks, 1 p.m. Railroads: B. & O. 53 3-4; N. Y. C., 71 3-4; Erie 14 3-4; Erie pfd., 31; Mo. O., 22 3-4; N. & W. 102 7-8; Penna. 43 3-4; Rdg., 88;; St. Paul 44 3-4; So. Pac. 84 3-4; Un. Pac. 121 3-8. Industrials: Anaconda 66 1-2; Car Fnd'y 84 7-8; U. S. Steel 109 1-4; Gt. Nor Ore, 31 1-4; Crucible 66 1-2; Distillers, 58; Beth. Steel B 83 5/16; Corn Prod. 43 7-8; Amn. Can. 46 3-4; Mex. Pet. 100 7-8; Baldwin 92 7-8; Sumatra Tob. 129 5-8; Westinghouse 41 1-8.

BRITISH OFFICERS ESCAPE FROM ENEMY

Twenty-Nine Get Away Through Tunnel it Took Nine Months to Dig

Amsterdam, Aug. 6.— Twenty-nine British officers recently escaped from a prisoners' camp at Holzminden, according to the Osnabrueck Tageblatt, and they are still at large. They made their escape through a subterranean passage, which it took them nine months to dig.

A big reward has been offered by the commanding general in Hanover for their recapture.

CANADIAN CASUALTIES

By Courier Leased Wire

Ottawa, Aug. 7.—(Released at noon).—To-day's list of 34 casualties reports eight killed in action two died of wounds, one died, thirteen wounded, six gassed and four ill. The names follow:

Infantry.

Died of Wounds—602133 W. H. A. Haskins, Kitchener.

Wounded—838863 W. F. Hunter, Owen Sound, Ont.

Engineers.

Died of Wounds—739215 H. Hill, Hartford, Ont.

Artillery.

Wounded—159523 O. S. Hammerton, Malton.

Machine Gun Company.

Wounded—174090 W. H. Prowse, 96 Francis street, Hamilton; 642318 S. Walnman, Grimsby, Ont.

Forestry Corps.

Died—2435805 G. Starr, 302 Simcoe street, London.

FIRST CONFERENCE.

By Courier Leased Wire.

Ottawa, Aug. 6.—The first conference between representatives of the letter carriers and the subcommittee of the cabinet named to negotiate with them was held this afternoon.

Hon. A. K. McLean acted as chairman of the sub committee of cabinet instead of Sir Thomas White, who has other important business on hand and the delegation representing the postmen included W. A. Mac Donald, Federated President Hamilton; Alex McMordie, Secretary, Maxwell Mann, Toronto, P. Menard, Montreal, A. O. Campbell, Edmonton, J. E. Fauteux President of the Ottawa branch, Dr Sheard, M. P. South Toronto and J. R. Robbins, Toronto.

HELP NEEDED FOR WESTERN HARVEST

When travelling to Western harvest fields—go by Canadian Northern Railway and give loyal support to the People's Line.

Purchase through tickets and ask for routing via Grand Trunk to Toronto, thence Canadian Northern.

Information of value to harvest hands is given in a leaflet entitled "Harvesters' Work and Wages," to be had from any C.N.R. Agent.

FOR SALE

$3,600.00—St. Paul's Ave. A nice 7-roomed house, good cellar, 2 verandahs, city and soft water, also a splendid well. Very large lot and a first-class barn. Reasonable possession.

$8,000.00—Alfred St. Modern in every respect, including steam heating, a large house with a large lot, for a large family, at a small price. There is a fine assortment of fruit trees. $3,000.00 will handle.

$15,000.00—A fine 150-acre farm, near Scotland, with first-class buildings, 5 acres, apple orchard and small fruits. This is an up-to-date farm. $5,000 cash. Balance 6 per cent half yearly.

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War time economy and your own good sense, will urge the necessity of buying none but *EDDY'S MATCHES.*