



St. Lawrence Sugar

Home Jam-Makers This hint may Save your Jam!

No matter how fresh your berries, no how thoroughly the jam is cooked, nor how clean the jars are, preserves are absolutely sure to spoil if the sugar used contains organic matter—impurities—and many sugars do.

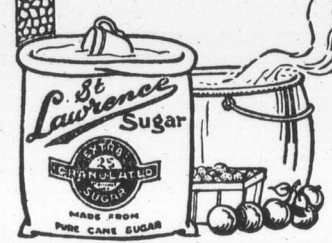
Home jam makers should profit by the experience of others and insist on being supplied with

St. Lawrence Extra Granulated Sugar

which has always, and for many years, given satisfaction.

It tests over 99.99 per cent pure and is refined exclusively from cane sugar.

Buy in refinery sealed packages to avoid mistakes and assure absolute cleanliness and correct weights—2 lb. and 5 lb. cartons; 10, 20, 25 and 100 lb. bags, and your choice of three sizes of grain: fine, medium, or coarse. Any good dealer can fill your order. ST. LAWRENCE SUGAR REFINERIES, LIMITED, Montreal.



BRAVERY IN BATTLE.

After the Fighting Has Begun the Officers Give Few Orders.

An officer in our regular army who saw fighting in the Spanish war pointed out the other day that most persons had a very wrong conception of how soldiers fight in modern battles.

"After a regiment has wheeled into position to attack the foe and the actual fighting has begun," he said, "the officers really have little to do with the proceedings. There is so much noise, for one thing, that commands cannot be heard, and for this reason whistles, in many armies, have been substituted for bugles, because their shrill blast carries better than the heavier notes of the brass. Beyond giving the signal for the charge the officers can do little. The men, once they see the line of the enemy in front of them, know what is expected of them and carry out their work with surprisingly few orders.

"Skirmish drills in times of peace have taught the troops how to act together, and it is amazing to see how quickly the men adapt themselves to the conditions of actual battle. It is the corporals and sergeants who are in the line with the men who are the real steadying influence in a fight. They know the characteristics of the individual private in a way that the commissioned officers can never know them and are prepared to give a calming word to this or that one when the emergency arises.

"In my own experience I have known a private who had served three enlistments to take charge of a company. In a charge, and the officers and non-coms. were very glad to leave it to him. After the seran was over he became a private once more, but while that row was on, so far as actual influence with the men was concerned, he was of a great deal more importance than his captain. The way that men could wriggle into cover was revelation, and he went through three campaigns without a scratch. His example in the regiment was a big asset.

"Bravery in battle, according to my experience, is very much a matter of temperament. Some men are carried along by a sort of ecstasy, others hold themselves to the work by sheer force of will, while others—and these are the best—go through a fight with a sort of grim interest as if it was a highly amusing though somewhat dangerous sport they were engaged in. Like polo or football."—New York Times.

A Tragedy of the Trenches. The Irish Guards were hoping a position at Ypres, and flying bullets were the order of the day. The Germans endeavored to break through, and after a particularly brisk volley Private Flynn was heard to shout: "Murder or wars, I'm done now altogether!" "Why have you been hit?" shouted his Captain. "Not entirely hit, sir," shouts Flynn; "but I've been waiting this ten minutes for a smoke from Murtagh's pipe and by the powers they've just shot it out of his mouth."

OUR PULPWOOD

Consumption Has Increased 10 Per Cent, Despite War.

Some economists have termed this the "paper age" from the increasing use of paper in all walks of life. This being the case it is gratifying to know that Canada is one of the great paper countries of the world and is destined to become still greater in this respect. All interested in paper and the materials from which it is produced (pulp and pulpwood), look forward to the issue of the annual bulletin on "Pulpwood" by the Forestry Branch of the Department of the Interior. This has now been sent to the printer and a few of the leading facts from it may be given. In spite of the war the consumption of pulpwood in Canadian mills was over 10 per cent. greater in 1914 than in 1913.

Since 1910 the pulpwood consumed in Canadian mills has a little more than doubled. The consumption in 1910 was 598,487 cords and in 1914, 1,224,376 cords. The commonest and cheapest kind of pulp, made by the grinding process and known as ground-wood pulp, increased by 9 per cent. over 1913, but that made by chemical processes increased by over 14 per cent. This increasing use of chemical processes helps the country greatly as the product is worth nearly three times as much as the ground-wood pulp.

Quebec is still the leading Province in pulp production, having 31 active mills out of a total of 66 mills for all Canada. Quebec produced 56 per cent. of all Canadian pulp in 1914, Ontario came second with nearly 37 per cent. of the total production, and the other producing provinces in order were British Columbia, New Brunswick and Nova Scotia. The total value of pulpwood consumed in Canadian mills in 1914 was \$8,089,868 and of that exported to foreign countries in a raw state \$6,680,490 making a grand total of \$14,770,358 for the value of the pulpwood produced last year. It is interesting to note that the proportion of pulpwood manufactured into pulp in Canada is increasing over that exported in the raw state. The bulletin containing all the facts of this industry will be issued in a few weeks and those desiring a copy or requiring immediate information on some particular point may have the same furnished free by writing the Director of Forestry, Department of the Interior, Ottawa.

Mean Brute.

"It is strange that there are no women on the bench of the United States supreme court," remarked Mrs. Gabb, as she looked up from her paper.

"It is strange," agreed Mr. Gabb, "that court always has the last



"I PUT this up ago, and see, it is just as good as if I sealed it only yesterday. It is because I use Parowax."

Parowax Pure Refined Paraffine

Discard those bothersome, unreliable strings and papers. The Parowax way is much easier and quicker, and you are never disappointed by moldy, fermented preserves.

Simply melt the Parowax and pour over jelly glasses. Dip tops of jars in Parowax.

Put up in handy one-pound cartons containing four cakes. At grocery and department stores everywhere.

THE IMPERIAL OIL COMPANY Limited BRANCHES IN ALL CITIES



Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous disorders.

50 Cents a Box, all Dealers, or Edmanson, Bates & Co., Limited, Toronto.

Dr. Chase's Nerve Food

HER IDEALS CHANGED.

She Saw a Very Large Light After She Was Happily Married.

There was a girl who was quite sure that when it came her turn to marry she could not live in a house any smaller than her father's. "Love in a cottage" was not her idea. Cupid, she thought, needed plenty of room to flap his wings and to practice his archery; he could not pine in a birdcage. So she must have an immense library with a fireplace that would take a six foot log; there must be a drawing room with parquetry flooring and thick rugs sliding about on it; the dining room must be able to hold a large table with an imposing bowl of flowers. She visualized herself ruling a salon, hostess to a brilliant coterie of people who would help her social ambition and her husband's business.

A school friend of hers came to see her a year and a half after she had married and found her in a little frame house on a side street, ridiculously happy with her husband and her baby. The back yard was just about big enough to hold a whirling clothes frame and a narrow flower bed against the fence; the piazza was as snug as a sailor's hammock; the largest room was about the size of the vestibule of the bride's girlhood home.

"I know what you're thinking," laughed the proud little housekeeper to her guest. "You're wondering how I could make up my mind to live in this tiny piano box. But I've made a discovery. I've found that it isn't the size of the house that matters; it's the size of the heart, and the biggest hearts can live in the tiniest houses."—Philadelphia Ledger.

Minard's Liniment Cures Garget in Cows.

HER SHOES.

What the Woman Who is Well Dressed Will Not Do.

The woman who is really well dressed does not wear a smart frock and a becoming hat and then ruin her whole appearance by clothing her feet in a pair of shoddy shoes, run down at the heel and perhaps unpolished. And yet many women who are fastidious as to their appearance, who would not think of going out of the house without their suits being well pressed, their blouses being fresh and dainty, their veils adjusted in just the right way, will forget entirely to look at the condition of their shoes. Perhaps these will be worn and dusty and will be made still uglier by being worn with a pair of soiled and crumpled spats.

There is nothing prettier than well shod feet, nothing uglier than a pair of neglected, run down, soiled shoes. And now that abbreviated skirts are fashionable, the girl who wants to be well dressed will take great pains in selecting her shoes, and once she has purchased an appropriate and pretty pair she will take still greater pains to keep them in good condition.

Never take off a pair of shoes without putting a pair of trees in them immediately. This will help them to keep their shape and also will help to prolong the life of the boots. When there is the least suspicion of the heels becoming run down send them to the bootmaker's immediately and have them straightened. Nothing looks so shabby as a pair of crooked heels.

Now as to some of the novelties to be seen this spring. In the first place the light top boot, which has made such a favorable impression this winter, remains in vogue for spring, all the smartest shoes having either light tan or light gray uppers. Gun metal leather and dark gray tops are also considered smart, while a tan shod with a tan upper is very chic.

Plans of Submarines. The Matin says: "The German submarines now being used against British merchantships are made after plans by the celebrated American designer, Simon Lake, of Bridgeport, which were stolen from him by Krupp. The plans were submitted to Krupp, whose directors gave their word of honor to divulge nothing. Eventually they entered into engagements, on behalf of the Emperor, whereby the designer was to receive \$1,000,000. As he could get neither his money nor his plans back he expatriated, and was told that the patenting of anything concerning war was illegal in Germany, and that he therefore had no claim. Mr. Lake has since seen several German submarines, and is convinced that they are built from the plans he confided to Krupp."

Economy Tip.

"My tobaccoist tells me that if I will stick my cigars in my vest pocket so that the small end is out instead of the big end, I'll lose fewer cigars." "I've a better plan than that. Stick 'em in your coat pocket so that they don't show at all."—Boston Transcript.

A FRUIT CHANCE

War Furnishes Markets to Canadian Growers.

As showing to some extent how much good fruit-growing means to Canada, it is worth noting the amount of trade formerly done by the countries at war that lies open for cultivation by this country. At the Canadian Fruit Growers Conference held at Grimby last September Mr. J. A. Ruddick, Dairy and Cold Storage Commissioner, stated that he had taken a period of five years, and that he had found the importations of apples from Germany to Britain varied each year from 5,000 to 14,000 bushel boxes, from Belgium from 100,000 to 500,000 boxes, from France from 50,000 to 575,000 boxes, and from Portugal from 175,000 to 350,000 boxes. Of these the importations varied from 4,480 to 50,000 bushel boxes from Germany, from 262,800 to 508,480 boxes from Belgium, and from 422,440 to 506,160 boxes from Portugal. Large quantities were also imported from the Netherlands, which may not be available. Mr. Ruddick prognosticated an increased demand for dried and evaporated fruit from Great Britain for use in the army. In 1913 Canada exported of this line to the United Kingdom 121,188 pounds, to Newfoundland 10,999 pounds, and to Germany 247,802 pounds. Of course the trade with Germany will be cut off, but the exportations should expand in other directions.

Be Bright, Well, Strong, Restore Youthful Looks!

Let your fight for better health begin now! Before you feel any warning of physical collapse, cleanse and strengthen, and build up your system. The only remedy for that tired droopy feeling is Dr. Hamilton's Pills, the acknowledged king of all tonic medicines. Thousands of men and women in the late years of life retain their youthful looks and feeling simply because they regulate their system with this old reliable family remedy. Nothing so good for the bowels, stomach or kidneys. Cures headaches, prevents biliousness, stops aching pain in the back and limbs. Get a 25c. box of Dr. Hamilton's Pills to-day.

Well Tempered Living.

The statistics of insanity show that the minds of men and women are often made aberrant through the steady drive of environment, in which the simple life and the spurring city life are equally at fault. The figures show the per capita of insanity differs little in city and country. Rural solitude and the abnormal life of the city are alike responsible for mental diseases. It is as bad for a man to be too much alone as it is for him to be surrounded by perverted life. The history of the race, the inquiries of investigators and the judgment of specialists in the diseases of body and mind tell us that the well tempered life, void of excesses, is the plane upon which men and women best endure in mental and bodily health, a temperature of thought and a temperature of action in an environment in which the individual is neither submerged by his society nor detached from it.—Seattle Post-Intelligencer.

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely. C. H. COSSABOOM, Rossway, Digby Co., N. S.

Tenniel's Mustache.

The later portraits of Sir John Tenniel, the famous cartoonist of London Punch, show him wearing a full beard and moustache, but his most familiar appearance was with a moustache only, a long, curly one, worthy of one of Oudis' guardsmen. The story of how he came to grow it is interesting.

After the Crimean war the return of the soldiers with full beards started a fashion against which three Punch artists protested. One day, being out on horseback together, they solemnly halted at crossroads and swore on their uplifted hunting crops never to wear hair on lip or chin. Tenniel was one of the party. Leech another and R. T. Pritchett the third. Leech alone remained true to the vow. Pritchett went to Snye, and on his return with a moustache called on Tenniel. He thrust his head in at the cartoonist's door and dumbly waited. "You scoundrel!" was Tenniel's exclamation. "Then I, too, must!" And he did.

Minard's Liniment Cures Colds, Etc.

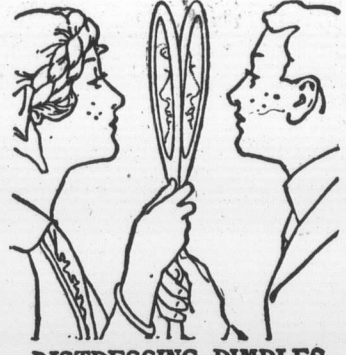
Medical Note.

"How is your brother?" "Very low. He is being treated by three doctors." "What towards? Three against one."—Budapest Borsszem Janko. I love truth and wish to have it always spoken to me; I hate a liar.—Plautus.

Minard's Liniment Cures Dietsemper.

What Hurt Most.

"Why are you crying so bitterly, my little man?" asked the kind-hearted old lady as she patted the tearful youngster on his head. "Bill Jones hit me on the nose," was the boy's reply. "Did he hurt much?" "Now; he didn't hurt me at all, but he ran away before I could hit him back."—Richmond Times-Dispatch.



DISTRESSING PIMPLES

Removed by Cuticura Soap and Ointment. Trial Free.

Smear them with the Ointment. Wash off in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. Repeat on rising and retiring. These fragrant super-creamy emollients do much for the skin.

Sample Each Free by Mail With 32-p. Skin Book. Address post-card, Cuticura, Dept. L, Boston, U.S.A. Sold throughout the world.

CARDINAL GIBBONS ON WOMAN.

(New York Sun)

The letter on women suffrage by Cardinal Gibbons, and the accompanying statement by which he enlarges and enforces it, represent the conservative, some might say "medieval" view, the old and long religious view. Let us hear this illustrious churchman, uttering his opinions, which may or may not be approved by the moderns, but which must have a wide echo in this country and the rest of the world: "Woman is queen indeed, but her empire is the domestic kingdom. The great triumph she would achieve in public life is to be compared with the serene glory which radiates from the domestic shrine and which she illumines and warms by her conjugal and motherly virtues. If she is ambitious of the usual empire of public and private life, then, like the fabled dog beholding his image in the water, she will lose both, she will fall from the lofty pedestal where nature and Christianity have placed her and will fall to grasp the sceptre of political authority from the strong hand of her male competitor.

"Such woman is debarr'd from voting she brings into the world and rocks the cradle of the nation's future citizens. She rears and moulds the character of those who are to be the future and benefactors of the country. Surely this is glory enough for her." "This assumes the whole case, does it not? The other side assumes it too. In all the States where this matter is to be voted on the words of James Cardinal Gibbons will be heard with respect. And yet perhaps they are not highly illuminative, any more than the other side would be.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in homes where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will cure the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

IN FLYING CORPS

G. E. Apprentice With the British in France.

Among the twelve hundred Grand Trunk men who have enlisted for overseas service are several apprentices from the motive power department of the railway. These young men are variously employed, many of them in the firing line, with the Canadian Expeditionary force, while others have turned their technical skill to advantage in the other branches of the service.

Among those who enlisted from the Grand Trunk shops at Battle Creek, Mich., on the outbreak of the war was an English apprentice, A. J. Locke, and the Master Mechanic at Battle Creek has just received the following letter from the young man's mother who resides at Goddamsing, Surrey:

"I am writing to thank you very much of the gift of money sent through you to my son, A. J. Locke, and to thank you also for your kindness and interest in him while he was employed in the G. T. R. shops. I can assure you that both my husband and myself will ever feel grateful to you for the welcome you extended to him amongst you, and for the very thorough tuition which he must have had while with you, though, for a short time (these unforeseen circumstances interrupting his apprenticeship) which has enabled him to go out and do his duty for King and country. He is working as a fitter (first-class air mechanic) in the shipyard factories of the Royal Flying Corps, somewhere in France, and I am glad to tell you that he is keeping well, working very hard, long hours, too, cheerfully, loyally doing his share, amidst many dangers, to keep these wild barbarians away from our homes. It is just what I would have him do. He is my one joy, and I wish I had others who could help in this awful struggle, for such it is, and will be until we finally crush these monsters forever, which, by God's help, we shall do, at a terrible cost, we know, and great sacrifices."

Ambiguous.

Uncle Sol threw aside the letter he was reading and uttered an exclamation of impatience. "Doggone!" he cried. "Why can't people be more explicit?" "What's the matter, pa?" asked Aunt Sue. "This letter from home," Uncle Sol answered, "says father fell out of the old apple tree and broke a limb."—Youngstown Telegram.

FARMERS, ATTENTION!

BUTTER, EGGS AND POULTRY wanted, highest prices paid for first quality produce. The Ryan Produce Co., 1188 College Street, Toronto, Ont.

DIGESTIBLE PIE CRUST.

Just How to Make This Most Desirable Sort Pastry.

Many there are who forego the delights of pie, because the crust is not digestible. Try this recipe: For one covered pie take one pint of flour one large teaspoonful of salt; sift these twice into a bowl; chop into half a pint of butter and lard, mixed; now, using the knife, moisten with one gill of cold water this is usually ample; do not handle unnecessarily; turn it out on a board, roll lightly away from you about one inch thick; spread a very thin layer of butter over it; cut it in four square parts, place one on the other; roll out thin, away from you, as before. Grease a deep pie dish, fit the crust in and cut edges neatly. Then put in the filling, dampen edge, place a crust over it, previously nicked several times in the centre; bake in a brisk oven until a golden brown; dust with powdered sugar. This recipe is good where any pastry is needed. A richer crust is obtained by beating one egg, then adding sufficient cold water to it to make one gill.



SHOES FOR EVERY SPORT AND RECREATION Sold by all good Shoe Dealers Worn by every member of the family

The Legion of Honor.

In 1802 Bonaparte passed the formation of a legion of honor which was to include in its ranks men of distinction from every walk of life, not only soldiers, but savants, jurists and authors.

"It is aristocratic in its tendency," said Berlier, a distinguished lawyer, "leading France back to the ancient regime when crosses, badges and ribbons were the toys of monarchy." "Well," replied Napoleon, "men are led by toys. The French are not all changed by ten years of revolution; they are what the Gauls were—fierce and fickle. They have one feeling—honor. We must nourish that feeling; they must have distinction."

The oath taken by a new member of the Legion of Honor was to devote himself "to the service of the republic, to the maintenance of the integrity of its territory, the defence of its government, laws and the property which they have consecrated; to fight against every attempt to re-establish the feudal regime or to reproduce the titles and qualities thereto belonging."—"Napoleon and the End of the French Revolution," by Charles F. Warwick.

LIQUOR AND MORPHINE HABITS

Are diseases, not vices, and therefore curable. Patients under my personal care and receive their treatment in ordinary hospitals as ordinary medical cases.

D. H. ARNOTT, M. D. 226 Queen's Ave., London, Ont.

THE ADOPTED HOME BOY.

There are thousands of adopted children in Canada. The rural districts are full of them. J. J. Kelo, Superintendent of Neglected and Dependent Children of Ontario, has issued a leaflet in reference to these children: "What is the legal status of the adopted child?" "Can she take our name?" "Can this boy inherit the farm?" are questions often asked by foster parents, he says. Foster parents can change the name of an adopted child to their own without any special authority, and it is quite legal for the child later on to do business under the new name and also to marry. The chief difficulty is over inheritance. If there is no will then the adopted child is cut off entirely from participation in the estate of the foster parents. It is absolutely essential that a will should be made and the words inserted, "I give and bequeath to my adopted daughter—the sum of—," or describing the property or article. This should be attended to while the foster parent is in good health and not left until death threatens.

Minard's Liniment Cures Diphtheria.

To Remove Iron Rust.

Cream of tartar is said to be excellent for removing iron rust spots. Use a tablespoonful of cream of tartar to two quarts of water and boil the article in the solution. This is said to have removed stains when lomon and salt and even oxalic acid had failed to do so.