

MAGIC BAKING POWDER

Contains no alum

We unhesitatingly recommend Magic Baking Powder as being the best and purest baking powder possible to produce. It possesses elements of food that have to do the building up of brain and nerve matter and is absolutely free from alum or other injurious substitutes.

Our Duty to Canada

In this column last week, using the celebration of Dominion Day as a text, reference was made to the bright, even glorious, future before this country, provided the Canadian people, profiting by the lessons and experience of the past, threw themselves with sincerity and downright honesty of purpose and vigorous effort into the inspiring task of cultivating a true national spirit based on a Christian tolerance, a broad sympathy, and a real desire to understand one another, coupled with an enlightened and progressive policy of development of the Dominion's great wealth of natural resources.

The more one studies Canada's position among the nations today in the light of the world's requirements of those things which Canada can supply, the more does one become enthusiastically optimistic over this country's future. The realization of true national greatness however, rests with the people themselves, rather than in the extent of our fertile fields, the hidden wealth of our mines, the great stretches of our forests, or the teeming millions of fish in our lakes, rivers and along our sea coasts. These are but the means, the tools ready to hand. Their development for use depends upon the character, the intelligence, the energy of the Canadian people.

In turn, the standard of Canadian manhood and womanhood depends upon the moral character of our people, individually and collectively; upon their educational training and attainments; upon their physical fitness, strength and general well-being from the standpoint of health; in a word, upon their conception of what life really is, and what things are worth while, permanent, and leading to something better and greater.

Not to moralize at too great length, the question may well be asked: Has the average Canadian seriously questioned himself as to his personal duty and responsibility to Canada? Or is the average Canadian so busy looking out for Number One that he gives little thought to what he owes to his country and fellow citizens?

These thoughts are suggested by a brief news item appearing recently in the daily press reporting the conviction of a prominent physician in Ontario for attempting to evade the Federal Income Tax. This man, in receipt of an average income of \$11,000 a year for the past three years, made returns to the government indicating an income of less than 25 percent of the sum actually received. This man, no doubt, would never dream of burglarizing his neighbor's house, or cheating his friends, nevertheless he sought to rob his fellow citizens by attempting to defraud the treasury of Canada.

This man lacked the national spirit which will make Canada strong and

great. He apparently thought it was all right to cheat the government, which is merely another way of saying, cheating Canada. And the thought obtrudes itself: Are there not many more people who through complete evasion of the Income Tax, or the making of incomplete returns, or by smuggling, and in various other ways, defraud Canada who would hesitate to steal a five-cent piece from a neighbor?

It may be that, as individuals, we disapprove of customs tariffs, income and luxury taxes, and other methods through which the national revenue is raised, and it is our legitimate right to agitate and educate for reforms in taxation, but so long as the methods in vogue are the law of the land, it is the duty of every loyal citizen to abide by and observe those laws. It is just as dishonest to rob the public treasury as it is to rob a bank or a store.

Refusal to obey the laws of the land, no matter how unpopular they may be, or how much opposed to them any individual citizen may be, is evidence of a lack of that national spirit through which alone any country can be elevated to a high plane. The citizen who himself seeks to dodge his national obligations has no just cause for complaint against the dishonest member of parliament or government official, nor should he object to the profiteering acts of others, when he is attempting to profiteer himself at the expense of his country, that is, at the expense of his friends, neighbors and all fellow citizens. His crime is only different in degree, not in principle.

Until the individual conscience is aroused, the national conscience must remain asleep and the national spirit dead. No government and no country can be better than the people from which a government springs and who themselves are the country. If national honesty is at a low ebb, our national resources will be made the plaything of exploiters and modern buccaners out for personal gain, rather than for development for the use of the people and the enrichment and glory of the nation.

Much is said about this reform and that reform to promote Canada's welfare and progress, but the basic reform, from which alone these others develop, calling for individual consideration, is our attitude of mind towards Canada itself.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic diarrhoea and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Armies and Typewriters

As one of the results of war, it is found that 35,255 typewriting machines are required to operate successfully a force of 500,000 men, according to the American military system.

Minard's Liniment Relieves Diphtheria

No snake, frog, toad or lizard has ever been seen living wild in Newfoundland.

Warts are unsightly blemishes, and corns are painful growths. Hollister's Corn Cure will remove them.

Some of the earliest locomotive engines were designed as traction engines for hauling loads over common roads.

Canada's Universities

Sir Arthur Shipley Praises Training Provided in Canada

When we are so dissatisfied with our general educational system in this country, it is a reason for some measure of gratification to observe our more advanced system lauded by educationalists of the Mother Country. The Royal Colonial Institute in London was informed at a recent meeting by Sir Arthur Shipley that Canada was better off in the matter of universities than Great Britain. He pointed out that this country has more universities than there are in all Great Britain. He gave high praise to the thorough training provided in Canadian universities. Training in medicine "abreast of the best on the European continent," Sir Arthur said, was given in McGill and Toronto Universities. In veterinary science, too, Canada was in some ways in advance of the Old Country. In law, applied science and dentistry, our universities served the country well. An important thing was that university education cost less in Canada than in Britain.—Ottawa Journal.

An Odd Ship

Frenchman Has Invented Vessel in Which Power Plant Is Detachable

As odd a ship as one is likely to meet at sea is described as the invention of a French maritime expert seeking a means for lowering the cost of transporting cargoes. Hitherto a ship and the power plant that makes it move have been regarded as one and inseparable, and while the cargo is being taken on or discharged, the power equipment necessarily lies idle. And so this ingenious Frenchman, says Popular Mechanics magazine, has invented a new kind of vessel in which the power plant is detachable, and having temporarily finished its work for one cargo can then busy itself with another. As this new ship is put together, the cargo-carrying section, naturally much the larger part of it, ends with a V-shaped indentation, much like the indentation which the grocer makes in a new cheese when he cuts a pound for his customer, and the bow of the section that carries the power plant fits into this space as neatly as the customer's purchase, providing the grocer has a good eye for a pound, would fit back into the cheese.

Air Force Association

Notice is given in the Canada Gazette of the incorporation of the Canadian Air Force Association, the object of which, it is stated, "is to promote the efficiency and advance the interest of the Canadian Air Force and to assume such share of the administration of this force as may be authorized by the Governor-in-Council. The following are incorporated as the association: Hon. Hugh Guthrie, minister of militia; Co. O. M. Biggar, vice-chairman of the air board; Sir Willoughby Gwatkin; major Gen. Robert Leckie, D.S.O.; Lieut. Col. James Stanley Scott, and Edward Deville.

The operations of the association are to be carried on without share capital throughout the Dominion, the chief office to be at Ottawa.

Recent tests have shown that seeds will germinate better under blue glass screens than in any other way.

Internally and Externally it is good.

The crowning property of Dr. Thomas' Electric Oil is that it can be used internally for many complaints as well as externally. For sore throat, croup, whooping cough, pains in the chest, colic and many kindred ailments it has curative qualities that are unsurpassed. A bottle of it costs little and there is no loss in always having it at hand.

A school teacher who had been telling a class of small pupils the story of the discovery of America by Columbus, ended with: "And all this happened more than 400 years ago."

A little boy, his eyes wide open in wonder, said, after a moment's thought: "Geel! What a memory you've got!"

Met. Sharks

"Did you see any sharks when you were crossing the Atlantic, Mr. Butts?" asked Miss Mills. "Yes," replied Butts sadly, "I played cards with a couple of Pearson's Weekly."

Forty-four percent of the world's doctors are said to die of heart disease.

The Mississippi River is 12 feet wide and 15 to 18 inches deep at its source, the outlet of Lake Itasca.

Forty-two daily newspapers are published in London.

W. N. U. 1323

Maintain Permanent Force

Not Intended For Aggression, but Purely For Military Defence

When introducing the estimates for the militia, amounting to \$12,500,000, the Hon. Hugh Guthrie, minister of militia and defense, showed that the permanent military force in Canada had not been greatly increased. In 1913-14, the year before the war, the permanent force, all ranks, amounted to 2,906, while today it totalled 3,555. The increase in estimates was due to the increased cost of maintenance, which was 80 or 90 percent higher than it was before the war.

The government, Mr. Guthrie declared, had under consideration the reduction of the number of military districts, which now numbered 11. The military establishment planned was 110 infantry regiments, 75 artillery, and new batteries of machine guns. The machine guns would form a new branch. Canada had turned over to Great Britain the supplies she did not require and had taken the guns that were needed here. While the number of units would be increased, there would not be more than 80,000 men against that of a pre-war strength of 10,000. The maintenance of the military force was necessary. "It was not intended for aggression," he said, "but was purely as a defence of our own shores."

The chief problem facing his department, Mr. Guthrie declared, was that of barracks. With the exception of Winnipeg, every military district lacked adequate barracks. Soldiers must be housed, and he was going to propose that one way of raising the necessary money to build barracks was to dispose of the various properties held by the Department of Militia and Defense. Altogether these were worth from \$3,500,000 to \$4,500,000.

Sir Sam Hughes, former minister of militia, urged that the policy of Sir Wilfrid Laurier should be adopted, which was that every man should be ready to take up a rifle in defence of his country.

Wonderful Remedy Establishes Regularity, Cures Constipation

As you value life itself, never use medicine that racks the system.

Costiveness is bad enough, but violent cathartics are the limit.

When the bowels are constipated and you have stomach trouble and headache, try Dr. Hamilton's Pills; they are so mild you can scarcely feel their action, yet so effective that the entire secretory apparatus is stimulated to healthy action.

Dr. Hamilton's Pills move the bowels gently.

They tone the liver and kidneys.

They renew the blood.

Dyspepsia is assisted.

Headaches disappear.

Stomach rumblings cease.

Bilious turns are prevented.

Dr. Hamilton's Pills are more than a bowel medicine, for they act as a system cleaner and general tonic.

For those who feel dull, heavy, and morose, for those who suffer frequently from colds, biliousness and stomach disorders, there is no better medicine.

You risk nothing in using Dr. Hamilton's Pills because they are guaranteed to cure.

Made according to the formula of one of the greatest physicians that ever lived, Dr. Hamilton's Pills are bound to give your system just the aid it requires. Sold by all dealers, 25c per box.

Flax Fibre Valuable

Manitoba Product Sells at \$1,800 Per Ton

Flax fibre, grown and manufactured in Manitoba is selling for \$1,800 per ton on the open market in Belgium. This information, which was given out yesterday by J. H. Evans, deputy minister of agriculture, was received by the government from L. D. Fortuyn, managing director of the Netherlands Canadian Flax Company, with head office for Canada, in Winnipeg.

Mr. Fortuyn, in his letter addressed to the department and dated June 23, stated: "You will be interested to hear that the flax fibre manufactured at our Beausejour plant fetched a price on the open market in Belgium of 90 cents per pound, or \$1,800 per ton. From this must be deducted the freight charges from Beausejour to Antwerp, amounting to \$110 per ton, Manitoba Free Press.

Minard's Liniment Relieves Colds, etc.

One Advantage

"Why do you feed every tramp who comes along? They never do any work for you."

"No," said his wife, "but it is quite a satisfaction to see a man eat a meal without finding fault with the cooking." — Philadelphia Watchman-Examiner.

SALESMAN

Of ability and good local connections—preferably a tailor or clothing man

Can Earn Big Money

Selling Men's Made-to-Measure Clothes in his locality. Style, quality and value of garments known from Ocean to Ocean. Address—in first instance—with full information to P. O. Box 105, Montreal.

Britain's Navy to Stay Ahead

Admiralty Chief Says England Will Extend Ship Program to Excel U. S. Fleet

That England is keeping a vigilant eye on the growth of the American navy, and supremacy of the seas, developed in the course of a debate on the British house of commons. However the American navy will not be permitted to equal Great Britain's even if it should become necessary for Great Britain largely to increase her naval estimates.

Lieutenant-Colonel Frederick Hall asked the first lord of the admiralty Walter Long, what would be the number of capital ships mounting 18 inch guns respectively in the British and American navies in 1925, on the assumption that the present naval program of the two countries was adhered to. He also asked as to the capital ships which would be able to make a speed of thirty and three-quarter knots an hour.

Mr. Long replied that the admiralty was following America's program with the greatest closeness and they would not fail to ask parliament for necessary powers if they should think Britain was falling behind the United States.

Thought It Was Suicide

A prominent merchant was discovered a few days ago brandishing a razor at midnight. His wife called for assistance, but found her hubby was only paring his corns. Far better not to risk blood poisoning, use Putnam's Corn Extractor, 25c, at all dealers.

Placing a Ladder

Just when is a ladder safe, both for the man working on it and the people walking under or near it? Safety News has worked out a diagram indicating that the angle of 75 degrees offers the maximum of safety. An easy way to secure this angle is to find the length of the ladder, and then place the ladder feet one-fourth that distance away from the vertical surface it leans against. This angle prevents undue strain on slipping, and yet gives the workman at the top of the ladder sufficient foot-room.

Great Waste

In a single year unscientific loading, accidental damage and the tremendous cost of packing add more than \$700,000,000 to the cost of food, clothing and other necessities. Unused space in freight cars costs \$209,000,000 and hauling half-empty cars more than 6,000,000,000 miles costs the railways \$157,000,000; damage and theft cost \$100,000,000; and lumber that is wasted after being used once in packing cases costs \$240,000,000. It is estimated that from a tenth to a quarter of the cost of foodstuffs goes to pay for crates that are thrown away instead of being used a second time. Youth's Companion.

Almost 2,000,000 barrels of oil are lost annually through the burning of wells.

HEART SO BAD WAS NOT SAFE TO LEAVE HER ALONE

Miss Eva P. Yatemans, Krugersdorp, Ont., writes: "I feel that I must write and tell you of the benefit I have received from Milburn's Heart and Nerve Pills. About four years ago I was taken terribly bad with my heart, nerves and fainting spells, and was down in bed for about six months. I doctored with two different doctors and seemed to get better, although the fainting spells would not leave me. I would take such terrible falls wherever I was, that it was not safe to leave me alone at any time. At last I decided to resort to proprietary medicines and took several different kinds, but seemed to receive but little benefit from them. One day noticing the advertisement of Milburn's Heart and Nerve Pills I decided to try them, and before I had taken more than two boxes I could see they were helping me. I have taken about ten boxes, and am almost cured of those terrible spells. I sincerely feel that your medicine has proved a blessing to me, and I advise any one troubled with their heart to try them, as I am confident they will find relief." Milburn's Heart and Nerve Pills are 50c a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Writing Up the Wedding

As the society editor might write it—but won't: "The bridegroom, who was dressed in a rich creation of black, unfinished worsted, tastefully shaped in cutaway form, with a V-shaped neck to show the spotless linen of collar, the pique of shirt, the undoubted elegance of cravat and the foamy cream of vest, also wore a beautiful shade of grey trousers and well-fitting black shoes. He carried a hat of carefully ironed black silk, and was marked by a general air of apprehension. The bride was gowned in conventional white, carried flowers and wore a veil."

Internal parasites in the shape of worms in the stomach and bowels of children sap their vitality and retard physical development. They keep the child in a constant state of unrest and, if not attended to, endanger life. The child can be spared much suffering and the mother much anxiety by the best worm remedy that can be got, Miller's Worm Powders, which are sure death to worms in any shape.

Needn't Economize

"Is your daughter going to make her debut this season, Mrs. Comeup?" "No, ma'am; we ain't so hard pushed that we have to have anything homemade."—Baltimore American.



AutoStop Razor

ALL safety razors seem alike because of the similarity in size and appearance. As regards the AutoStop Razor, however, the resemblance ends there. Its peculiar and additional advantage is that, without being larger than any other safety razor, it combines within itself a self-stopping feature that enables the user to keep the blade sharp without taking anything apart. It thus prevents dull blades and the expense of buying new ones.

You may not be interested in economy of blades, but surely you want a good shave and that is only possible with a stopped blade.

Any dealer will demonstrate the AutoStop Razor to you, guarantee satisfaction, or refund of purchase price.

Only \$5.00

complete with stop and twelve blades in an attractive assortment of cases to suit any purse.

AutoStop Safety Razor Co., Limited
AutoStop Building, Toronto, Canada

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and How to Feed, Mated, Free to any Address by the Author
H. CLAY GLOVER
CO., INC.
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Cook's Cotton Root Compound
A safe, reliable, non-toxic medicine. Sold in three degrees of strength. No. 1, 50c; No. 2, 85c; No. 3, \$1.50 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (CAN.)

Beautiful Women of Society, during the past seventy years have relied upon it for their distinguished appearance. The soft, refined, pearly white complexion it renders instantly, it is always the source of flattering comment.

Good and's Oriental Cream

Why not have all of tea and coffee's pleasures with none of tea and coffee's harm? Drink

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