



IF YOUR CHILDREN ARE DELICATE OR FRAIL under-size or under-weight remember—Scott's Emulsion is nature's grandest growing food; it strengthens their bones, makes healthy blood and promotes sturdy growth.

THE RED CROSS IS YOUR TRUSTED AGENT FOR GOOD—HELP IT NOW.

Mary Roberts Rinehart, who was at the front in 1915, in "Kings, Queens and Pawns," says: "The Red Cross is the wounded soldiers' last defence.... It is greater than cannon, greater than hate, greater than vengeance. It triumphs over wrath as good triumphs over evil. Direct descendant of the Cross of the Christian faith, it carries on to every battlefield the words of the Man of Peace: "Blessed are the merciful, for they shall obtain mercy."

The only haven in this black picture of war as I have seen it, as it has touched me, has been the scarlet of the Red Cross. To a faith that the terrible scenes at the front had almost destroyed, came every now and then again the flash of the emblem of mercy. Hope then, was not dead. There were hands to soothe and labor, as well as hands to kill. There was still brotherly love in the world. There was a courage that was not of hate. There was a patience that was not a lying in wait. There was a flag that was not of one nation, but of all the world; a flag that needed no recruiting station for the ranks it led were always full to overflowing; a flag that stood between the wounded soldier and death; that knew no defeat but surrender to the will of the God of Battles." Isaac F. Marcossou, whose "Personalities Along the Highroad of War," in the May number of the Red Cross makes very interesting reading, has probably seen more of the war than any other American, having made five trips to Europe since 1914. His tribute to the Red Cross is well worth quoting. He says "The stay-at-home American cannot realize what the Red Cross means in this war. Just as it is the world's most colossal struggle, enlisting more millions and creating a wider havoc than any other war, so are the demands for mercy greater than ever before. Without the Red Cross this war could not be waged; certainly it cannot be won. I have been with six armies on half a dozen fronts. Wherever I have gone the Red Cross has been in the thick of battle—first to aid, last to rest. It needs every dollar that can be raised for it; every bit of loyalty that can be mustered. No money expended in the war repays so rich a harvest of gratitude and service. The Red Cross is succor and sustenance. It is the Supreme Antidote."

I cannot do better than close with the words of Annie Fellows Johnston: "Oh, who shall staunch such world-wide woe— Such universe of pain? And who has oil and wine enough? And must they cry in vain? Nay! On the road to Jericho There be a million now, Who bear Christ's pity in their hearts, His sign upon their brow. And millions more shall follow them To bind and to restore. Till all the highway is made safe And war shall be no more. Now God give grace to all who bear, And may his love suffice To blaze upon each heart today The Cross of Sacrifice." —R. T. G. in Manchester Cricket.

NEAR SHAPE. Miss Ina Ficks flounced up to the glove-trotter, who was surrounded by an admiring crowd eager to hear his adventures. "Ha, is it true, Mr. Trotter, that you were once captured by cannibals?" she gushed. "Quite true, my dear young lady. I was once on the bill of fare for a wedding feast," answered Trotter. "Oh, help! How did you escape?" "Well you see, the young lady broke off the engagement."

KEEP MINARD'S LINIMENT IN THE HOUSE. ABSORBINE. Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair on leg up the horse, \$2.50 a bottle at druggists or delivered. Book 1 R free. ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heats and soothes. \$1.25 a bottle at druggists or postpaid. Will tell you more if you write. M.F. YOUNG, P. O. F., 140 Lyons Bldg., Montreal, Can., Absorbine and Absorbine, Jr., are made in Canada.

HUN BARBARISM. (Written for the Light by B.B. Fox of Yarmouth returned Soldier.)

Once more we are brought face to face with Hun barbarism, in the torpedoing and sinking of the Canadian hospitalship Llandovery Castle. To those who know the enemy the deed is not a surprise, but to many who have of late expressed sympathy for the Germans and Austrians, and who are clamoring for a compromised peace, the awful sea tragedy, in which hundreds of Red Cross workers were pursuing their acts of mercy were ruthlessly murdered, it will surely show the impossibility of civilized nations sitting at the round table discussing peace with such barbarians.

Reprisals are demanded by the enraged citizens throughout the allied countries. Patience now has reached the stage where it fails to be a virtue. In our air reprisals for attacks on undefended towns in England and France, the enemy has been forced to squeal. No act performed by the Allies since the war began, has had a greater effect on the morals of the German people than has the recent bombing of the Rhine towns. The mad enemy has destroyed hospitals as well as the ships that convoy the wounded from the scene of battle. We have protested, but what is the use of protesting or trying to reason with a race of people who send their men into action drugged with ether; while we are protesting he continues to murder. Action of the most drastic nature is needed.

We have the air fleet, the airmen, and the bombs; all that is needed is the order, and everything under the German flay will be bombed. If one of our hospitals is destroyed, ten of the enemy's should meet the same fate. For every woman or child murdered by Hun airmen, ten should receive the same in German towns and cities. It is hard for British or any of the Allies to resort to this method but it appears to be the only way. The German nation is mad. It is blood-thirsty mad. Its object is to murder and destroy. No protests or argument have any results. He laughs at us for protesting, thinking we are alarmed, and weakening. Why waste further time? The way is clear; that it will break the spirit of the Hun is proven already by the few attacks on their towns and cities. Let us fight the devil with his own weapons.

In the sinking of the Llandovery Castle several personal friends are among the missing. Nursing sister M.E. MacKenzie was in charge of the ward in the Ontario Military Hospital, at Orpington, Kent, in which I was placed during the last surgical operation I underwent while in the Army. For her, all the patriots who were fortunate enough to go through her ward, have nothing but good to say. As with all the brave girls who have given up the comforts of home, the associations of loved ones, she entered the service to render aid to the wounded and to comfort the suffering, and the dying. For this great sacrifice in the cause of humanity, the Hun ruthlessly murders here. Sister McLean is another of the Canadian heroines who is classed as missing. While in hospital in France I met this Sister as she performed her deeds of mercy; taking charge of the mangled humans as they were brought in from the line. Sister McLean tenderly and skillfully dressed the wounds and comforted the sufferers.

Thus it is that after one has personally watched these brave girls perform their acts of mercy, and has been comforted and nursed back to health and strength by their skillful care and treatment, that we urge, yea demand, retaliation as revenge for so brutal a murder—Yarmouth Light.

ROADWORK.

Mr. R. J. Bethune, Guysboro superintendent under the new road commission for Guysboro Co., started road work the last week in June from the Canso boundary line working towards Queensport Bridge. Mr. Rogers of Salmon River is for man with Charles McDougall in charge of the road line. The gang of men at work are all experienced road makers and are doing excellent work which is highly spoken of. Satisfactory wages are being paid and the result is cheerful and willing work. Mr. Rogers expresses considerable satisfaction with the fine team work of the four span horses engaged. The Canso road commissioners engaged the services of Mr. Rogers and his men for two days machine work on the Town district and were quite satisfied with the work performed. Unfortunately rainy weather entered as an undesirable factor. It is the intention to finish the work with a split log drag.

It may be well to explain that the road work this year under the new commission is not to be the work of the future. It was found impossible to advance the plans and finance the undertaking for permanent road building this year and the work in hand at present is merely repair work to tide us over until next season when it is hoped a proper money grant will be available for the larger undertaking. The intention is to widen the road with 18 feet of a crown on the highway



from Hazel Hill to Guysboro. It would be a very wise plan if section men could be appointed to keep the main road in condition from now on until next season and conserve the work done as far as possible. With the appointment of Section men one of the main difficulties of road upkeep will be solved and not until then. The work of hauling gravel could be undertaken late in the fall this year, say from Fox Island Beach with a pit off the main road ready for distribution East and West as soon as operations start in the spring. A motor tractor would be an ideal distributor and do valuable work at a minimum cost.

TO KEEP OUT THE FLIES.

Any odor pleasing to man is offensive to the fly and vice versa, and will drive them away. Take five cents' worth of oil of lavender, mix it with the same quantity of water, put it in a common glass atomizer and spray it around the rooms where flies are. In the dining room spray it lavishly even on the table linen. The odor is very disagreeable to flies but refreshing to most people.

Germanium, mignonette, heliotrope and white clover are offensive to flies. They especially dislike the odor of honeysuckle and hop blossoms.

According to the French scientist flies have intense hatred for the color blue. Rooms decorated in blue will help to keep out the flies.

To clear the house of flies, burn pyrethrum powder. This stupefies them but they must be swept up and burned.

My brother wrote me about a dinner some of the soldiers gave for two visitors at camp, members of a famous Canadian regiment, who were home on sick leave.

The sergeant had been carefully coached about giving the toast, but became flustered, and this is what he made of it: "Here's to the gallant Eighth, last on the field and the first to leave it."

Silence reigned then the corporal came gallantly to the rescue: "Gentlemen, he began "You must excuse the sergeant, he never could give a toast decently; he isn't used to public speaking. Now I'll give a toast: Here's to the gallant Eighth, equal to none."

CREW OF TORPEDOED SHIP LANDED AT CANSO.

As can be well imagined excitement was occasioned on Wednesday morning, 17th inst, when it became known that some twenty-two men, the crew of a Norwegian ship, which had been torpedoed had landed during the night at Cranberry Lighthouse. Harry Hawes brought Capt. Nyhus ashore that he might communicate with the Norwegian Consul at Halifax. Later in the day two large lifeboats under sail with the Norwegian flag flying came up the harbor with the crew and landed at Whitman's wharf. The men could speak good English and seemed no worse for their journey of two or three hundred miles in the open boats. On instructions from the Norwegian Consul at Halifax A. N. Whitman & Son Ltd. forwarded the shipwrecked crew to Halifax the following morning.

Briefly the story of the torpedoed ship "Marosa" as told by Capt. Nyhus is as follows: On Sunday afternoon, 7th inst, while about seven hundred miles off the United States coast bound from Newport News to Buenos Ayres with coal, the ship sighted a submarine about three miles off throwing shells at the "Marosa." Capt. Nyhus braced his ship and waited for the submarine to come aboard but shells continued to land in the water about the "Marosa" until the crew thought it wise to launch their boats and pulled up to the submarine. After examining Capt. Nyhus's papers and getting what information he could the German Captain (speaking good English) told Capt. Nyhus that his ship would have to be sunk, but gave him and his crew twenty minutes to take what provisions and personal effects they needed. Capt. Nyhus saw the German take aboard of his ship a bag of bombs with which to blow her up but did not wait to see the operation. Capt. Nyhus and his crew pushed off on the boundless ocean and soon lost sight of the ship and the submarine. On the following Thursday the shipwrecked crew were picked up by another sailing ship engaged in the same trade as the "Marosa" on which they remained until Sunday 14th inst. Leaving the rescue ship they set sail for Canso, covering a distance with open boats of two or three hundred miles.

The men did not complain, and suffered no hardships, being well provisioned and watered. This is the second ship Capt. Nyhus has lost in a similar manner. About one year ago his ship was torpedoed off the Irish Coast.

TRURO RED CROSS. SUBSCRIPTIONS.

- Dr. J. B. Calkin..... 25.00
Charlton Gay..... 2.00
Miss Ethelyn Christie..... 5.00
Mrs. J. Hockin..... 2.00
Edna Rand..... 5.00
R. W. Lindsay..... 2.00
A. Bishop..... 4.00
E. F. Anderson..... 5.00
Jessie Wright..... 5.00
Abbie Jacques..... 2.00
Leah M. Leck..... 10.00
A. C. Gunn..... 2.00
S. P. Canning..... 1.00
J. B. Williams..... 3.00
C. E. Halliday..... 1.00
A. Phillips..... 2.00
Norah McGee..... 2.00
Minnie Archibald..... 1.00
A. E. McLean..... 1.00
H. Hall..... 3.00
Margaret Robbins..... 1.00
Elizabeth Johnson..... 1.00
W. McLeod..... 1.00
John Hughes..... 1.00
Beryo Cox..... 1.00
W. C. Mills..... 1.00
John Lees Stevens..... 1.00
T. R. Turple..... 1.00
W. C. Brown..... 1.00
Frank Hawthorn..... 1.00
A Friend..... 2.00
Margaret Skerry..... 50
Russell Lauther..... 3.00
W. B. Carroll..... 3.00
J. L. Chisholm..... 25.00
J. R. Fisher..... 25.00
Dan McIntosh..... 5.00
Mrs. D. McIntosh..... 2.00
Thos. Guinan..... 5.00
J. Buchanan..... 5.00
W. McClafferty..... 5.00
Chas. E. Brown..... 5.00
D. Goodwin..... 50.00
A. J. McDonald..... 5.00
J. L. Barnhill..... 5.00
J. C. Gillespie..... 5.00
Thomas Guinan..... 3.00
J. L. Marr..... 5.00
W. J. McKenzie..... 3.00
J. P. Guinan..... 3.00
Mrs. Thos. Lester..... 1.00
Mrs. Richard Simpson..... 5.00
Judson Wall..... 2.00
Friend..... 25
John Kennedy..... 10.00
Mrs. Archie Phinney..... 2.00
Mrs. Charles Archibald..... 2.00
Geo. Tays..... 1.00
Luther Starritt..... 10.00
Mrs. Jas. Weatherbee..... 1.00
J. D. Mahoney..... 4.00
Mrs. E. Archibald..... 2.00
Friend..... 25
Mrs. Jas. Wiles..... 1.00
Mrs. E. Hamilton..... 1.00
Mrs. John Logan..... 2.00
Miss Laura Logan..... 1.00
Friend..... 50
Mrs. E. Joy..... 1.00
Miss Dorey..... 25
Mrs. Willis McDonald..... 2.00
Mrs. Kenneth McIntosh..... 5.00
Stanley McIntosh..... 5.00
Mrs. E. Dalrymple..... 50
Mrs. D. Goodwin..... 2.00
Henry Boomer..... 5.00
Mrs. Henry Fisher..... 1.50
Mrs. S. A. McNutt..... 5.00
Mr. and Mrs. John McDowell..... 5.00
Miss Hattie..... 1.00
Mr. J. W. Nairn..... 10.00
Mr. L. King..... 5.00
Mrs. James Burrows..... 1.00
Miss Ella Burrows..... 1.00
Mrs. Howard McDonald..... 2.00
Mrs. G. F. Gibbs..... 1.00
Mr. Geoffrey Gibbs..... 1.00
Mrs. H. Graves..... 1.00
Mrs. H. Doyle..... 1.00
Mr. Wm. White..... 2.00
Mrs. Wm. McLean..... 1.00
Mrs. A. McLeod..... 10.00
Mrs. Jos. Wynn..... 50
Mrs. L. B. McCallum..... 1.00
Mrs. L. E. Archibald..... 5.00
Mr. D. W. Archibald..... 1.00
Miss J. A. McLellan..... 30
Miss A. Betts..... 1.00
Mrs. Willis Brenton..... 1.00
Malcolm MacKinnon..... 1.00
Mrs. J. G. Archibald..... 2.00
Mrs. E. V. MacLellan..... 2.00
Mrs. Martin Langille..... 50
H. A. Johnson..... 10.00
Mrs. Harry Murray..... 2.00
Peter MacLean..... 5.00
David Duncan..... 4.00
Willis W. Fraser..... 5.00
A Friend..... 2.00
Geo. Stuart..... 25
Wm. McIntyre..... 2.00
Elmer Vincent..... 1.00
Eugene C. Mosher..... 5.00
Foster Dartt..... 5.00
Collin Sheron..... 50
Wm. James McIntosh..... 3.00
Jean M. McDonald..... 1.00
Wm. Logan..... 1.00
W. Burton McKenzie..... 1.00
J. Edward McKenzie..... 1.00
Wm. J. Lewis..... 50
John Caudle..... 1.00
John Gazeley..... 5.00
Malcolm McKinnon..... 1.00
John Lane..... 1.00
Gordon Higgins..... 2.00
Wm. McKinnon..... 1.00
Hugh Vance..... 1.00
Allan Parker..... 1.00
Leander Work..... 1.00
Michael Tompkins..... 1.00
Ged. Feetam..... 5.00
Kathleen Mahoney..... 1.00
John Finlayson..... 2.00
Thos. Hamilton..... 2.00

- E. L. Williams..... 2.00
Geo. Aitkens..... 2.00
Earnest McPhee..... 1.00
Allison T. Lynds..... 3.00
Morris A. Crouse..... 2.50
Geo. T. Miles..... 2.00
Peter Car e..... 2.00
Sydney McIntyre..... 2.00
John Henderson..... 2.00
Blair V. Archibald..... 1.00
John W. McIntosh..... 2.00
Leonard Kennedy..... 2.00
Grant Ashton..... 1.00
John Searle..... 1.00
Geo. J. Work..... 1.00
Fred H. McNutt..... 50
Sydney Fields..... 2.00
J. Fraser..... 1.00
J. H. Armstrong..... 3.00
Olive Bishop..... 3.00
Miss B. McFarlane..... 3.00
Grace Worman..... 2.00
Jessie Burrows..... 3.00
Helen Dunlap..... 2.00
Mrs. S. A. Hiltz..... 5.00
Miss H. L. Bishop..... 3.00
Friend..... 1.00

INCREASE OF 250 PER CENT IN GREAT BRITAIN'S FLEET.

Upon the fourth anniversary of Great Britain's entry into the war, the Secretary of the British Admiralty makes public figures and facts which throw an encouraging light upon the naval situation of the Allies. The British Navy, apart from the American forces which form an integral part of its fighting strength, consists at the present time of warships and auxiliaries craft whose total displacement reaches 6,500,000 tons, against 2,500,000 in August 1914. During that period about three quarters of a million tons have been lost, but at the present day the growth of the fleet shows an increase of 250 per cent.

Similarly with the personnel. The original 148,000 officers and men have grown to 394,000.

LETTER FROM FLIGHT CAPTAIN ELLIS ANTHONY OF SELMA, N. S.

July 15 1918. R.A.F. Aerodrome, Guston Rd., Dover, Kent, England.

Dear Father:— Received a letter from you today, glad to hear you are all well at home, it has been dull weather yesterday and today.

I had quite an experience on last Saturday; I left to escort a convoy of ships at six p. m., about forty miles down the channel at seven thirty my engine went bad, as I was not high enough to glide to land, I dropped in the water, about six miles from land. When we hit the water I went all under as I was strapped in the front seat. I got my belt undone quickly, and managed to get out all right; was not hurt, only a slight scratch on my face. I climbed up on top of the machine; I had my observer with me, he was also O.K. except for a sprained wrist. In ten minutes time a trawler came alongside and took us off, not too soon as the machine sank five minutes after we got off. We were all right once aboard the trawler; they fixed us up with dry clothes, and gave us hot tea. After staying on board for an hour, another trawler came alongside, and took us to Dover, where we arrived at one o'clock there was a car waiting for us, when we got in. I do not feel any worse, except that I have quite a cold. It was my Observer's first trip with me, rather exciting for the first time, hope you are all well at home, love to all,

Your son, ELLIS.

PEGGY AND HER MA.

"Summer is certainly upon us with 'veniges,' said Ma. "It isn't the heat that I mind so much, it's the stupidity." "It infects me that way, too," said Peggy. "But our mornings and evenings have been quite cool. In fact, some of them have been almost frigate. Ma I do wish to goodness you wouldn't masticulate with your hands when you talk. People are liable to mistake it for a sign of poor breathing. They'll think your proper bringing-up was sadly elected." "Well, of all the imprudents?" exclaimed Ma. "The idea of you calling your mother to flass for camphorizing her remarks with digesture! You leave this room this instant, before I lose my temper and do something rasp." "Oh Ma," said Peggy, "I'm sorry I didn't mean to defend you. I didn't think how it would sound. Will you pardon me this time?" "Why, of course, my child," said Ma. "A tongue of a slipper is on fault of mine, as they say."

Advertisement for Grape-Nuts featuring an image of the product and text: "One of the finest teachers of food values is Grape-Nuts. It's brimful of nourishment Combines nicely with other foods and is Delicious. Requires little milk or cream No Sugar and there's no waste Give It A Test. Canada Food Board License #22026"

LOCAL AND GENERAL.

Mrs. Shenton Bigney, of London-derry, is in Truro visiting her sister-in-law, Mrs. Jas. McLean, Prince Street.

Miss Maggie Dickson, Logan Street, is spending a two weeks holiday, with friends in Springhill.

Mrs. C. L. Dauphinee, of Halifax, is visiting Mrs. F. C. Whynott, East Prince St.

Mr. Hughie Lightbody has arrived home from Abercrombie, Pictou Co. where he has been visiting his sister, Mrs. Robt. Dunbar.

You can make your store grow up to match your plans for it if you advertise it sufficiently.

The annual meeting of the Nova Scotia Municipalities will be held in Liverpool, on Wednesday, Thursday, and Friday, August 28, 29, and 30.

In Europe today 400,000,000 people are short of food. One-third of the world's population is now on short rations.

Mr. and Mrs. Daniel Douglas have arrived home at New Glasgow, after spending a month with friends at Great Village, Five Islands and that section of the Province.

Rev. M. S. Richardson, of Bridgetown passed through Truro stopping over Friday to visit Truro friends on way to Halifax, where he preaches on Sunday.

Miss Jean Woods, of Winnipeg, is visiting her uncle Mr. Roscoe Blair, Onslow Station, Col. Co. Although Miss Woods, has worked for some years in the office of the Northern Shirt Factory, Winnipeg as supervisor she is not afraid of overalls and a hoe. She spends all her spare time weeding, hoeing and haying from 6 o'clock in the morning till 8 o'clock in the evening Miss Wood's former home is in New Glasgow w, N. S.

Henry Somerville, M. A., the authority Well-known writer and on social problems, will join the staff of St. Francis Xavier's College in September next as lecturer in applied sociology. Mr. Somerville, though but twenty-eight years of age, was, before coming to Canada a few years ago, sub-editor of The Manchester Guardian. He is a contributor to The Spectator, The Dublin Review, The Month Studies America and many other periodicals.

Referring to the late Frank McDonald, killed in action, the Antigonish Caskets says "This young hero attended St. F. X. College for several years. He was a noted hockey player, and he contributed to the victories of St. F. X. team on many an occasion. His fine qualities made him a most popular student. The members of the bereaved family have the deep sympathy of their late son's many friends in Antigonish. R.L.P."

FREE.

"What do they mean by poetic license? Does a poet have to pay for a license?" "No. If he did we'd have fewer poets."

Advertisement for Minard's Liniment Dures Dis-Temper. Text: "MINARD'S LINIMENT DURES DIS-TEMPER."