# RED ROSE TEA "is good tea"

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7-4



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## DON'T TRY TO KILL THE GOLF BALL

Go after distance if you must, but don't try to kill the ball. That's the advice of Jock Hutchison, former British open champion and present holder of the western open.

Hutchison, unlike most pros, thinks distance hitting should be encouraged. Hutchison realizes that the player gets his biggest thrill out of a long drive tee shot.

"It is just as easy to hit a long ball as a short one, once you have mastered control," contends Jock. "There are times when distance is imperative, and other times when it only seems to be.

"When you are on a wide fairway with the whole world to shoot at, cut loose and see just how far you can swat the darn ball. But when your objective is a green with traps on either side and you are 300 yards away use less muscle and more mentality.'

The mental hazard of being compelled to place your shot on the green is something you did not have to worry about when you were on "the wide fairway with the whole world to shoot at."

This in itself is going to disturb you. As a result you are quite likely to tighten up and instead of swinging through with rythmic ease you probably will tear into the ball with all your might trying to kill it.

The effect will be a lunge, rather than a sweeping hit. If you don't top the ball you will hook it or push it. Either you will wind up in the rough or in a trap.

Even the champions have a tough time making 300-yard approach shots stick on the green, let alone the duffers.

Play it safe. Take a club you know you can handle and swing smoothly and naturally.

What if you are short? Isn't that better than being trapped on in mean unplayable rough?

It's the extra effort—the tendency to kill the ball—that sends scores mounting.

## Ten Motor Commandments

FOR GREATER ROAD SAFETY

The National Automobile Chamber of Commerce, believing that the careful observation of a few simple traffic rules will materially help in making travel safer in the highways, has prepared the following "ten commandments." They have been printed on tags, to be attached to the steering wheel, so that the purchaser may have the maxims in mind when he buys his car. They will also be printed in automobile instruction books.

I. Always remember you are an engineer, fully responsible.

II Always test your brakes when starting, and have them inspected frequently.

III Never pass a street car when it is stopping, or, if the law permits, proceed very slowly past it at the legal distance.

IV. Exercise special care in crossing in front of a street car or in passing it, as you cannot tell what may be coming on the other side.

V. Always signal with hand when slowing down, turning or stopping, even though you have an automatic or mechanical warning device.

VI Look before you back, and sound the horn three times.

VII. Try to drive with using the horn as little as possible. A sudden noise may stop pedestrians in their tracks rather than warning them.

VIII. Don't count too much on the common sense of the other fellow. No one is 100 per cent. alert all the time.

IX. Drive slowly in streets where children are playing. Remember your own childhood.

X. Cross crossings cautiously. Warning bells may be out of order, watchmen or gate operators may be off duty. Trains cannot stop as quickly as you can. Shift into second stop as quickly as you can. Shift into second to avoid stalling on tracks.


## MRS. BUDGE SO WEAK COULD HARDLY STAND

**Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health**

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know. c



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Saturday trips to Boston direct, due Sundays at about 8 p.m.

Return—Leave Boston Mondays and Fridays at 10 a. m. (Daylight Saving Time) for Eastport, Lubec and St. John.

Staterooms $3.00

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At Boston connection is made via the Boston and New York freight and passenger steamers for New York and points South and West.

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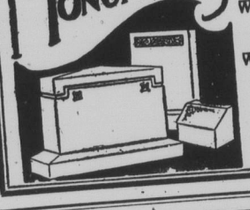
## MONUMENTS



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## Here and There

Glass tubes filled with water are used as incubators for trout eggs at the Ontario Government Hatcheries.

Designed to prevent mildew, a Californian has invented a device which sprays wet or dry sulphur over grape vines.

More than 36 tons of food are required daily to feed hogs on a California ranch and it is distributed by means of an electric railway using side dump cars.

The light producing apparatus of the glow worm and firefly is said to be the most efficient in the world. The glow worm light is eighty times more efficient than a tungsten lamp.

Construction of a million and a half dollar factory building has commenced in Cornwall, Ont., which, when completed, will give employment to 500 hands. Artificial silk will be manufactured from pulpwood.

Crossing from Cherbourg to Quebec in 5 days 19 hours, the Canadian Pacific S.S. Empress of France created a new record for the trans-Atlantic voyage. Her average speed on the record run was 20.155 knots.

Montreal officers of the Dominion Express Company state that the strawberry shipments this year have been much heavier than heretofore. The Ontario crop ripened quickly, but was easily disposed of.

Alberta Government wolf-hunters will this season again penetrate the barren land and wage war on the timber-wolves which prey on the caribou herds. Last season the hunters killed off several hundred of the predatory beasts in the country north-east of Great Slave Lake.

Beginning in the Autumn, German express trains will be equipped with combination radio and wireless telephones, enabling the sending of wireless messages, telephoning and the giving of radio concerts while the train is travelling at a high rate of speed.

A world's record for his senior two-year old Holstein Friesian Heifer, Williamsburg Pontiac, is claimed by Dr. M. W. Locke, Williamsburg, Ont., as a result of a 30 day test showing production of 2,788.5 pounds of milk and 113.82 lbs. butter fat, equivalent to 148.8 lbs. of butter.

The official Railway Guide, in commenting on the Air service which connects with the Canadian Pacific Railway at Angliers says: —"so far as we are aware this is the first instance on this continent where interchange of passenger traffic between railways and airplanes has been established.

In his address to the Associated Advertising Clubs of the World, at Wembley, July 17th, E. W. Beatty, president of the Canadian Pacific Railway stated that the amounts spent on colonization by the Canadian Pacific Railway and the Canadian Government from the year 1881 totalled, respectively $67,000,000 and $35,000,000.

During the last four years the Canadian Pacific Railway has handled some 35,000 west-bound harvesters. Last year this company inaugurated the lunch-counter car, which afforded facilities hitherto unknown, and, although perhaps not as a direct result of this innovation, over 26,000 men travelled in special trains over Canadian Pacific lines.

The unveiling of a monument to Tom Wilson, earliest guide in the Canadian Rockies formed the first day's meeting of the two hundred and six members of the Trail Riders of the Canadian Rockies at Yoho Camp. Mr. Wilson, who was present at the ceremony and now sixty-five years of age, resides at Shuswap, B.C., discovered Lake Louise and the Yoho in 1882.

A. D. Mackier, vice-president of the Canadian Pacific eastern lines, who awarded to the McAdam team the First Aid Challenge Cup, which they won in competition with teams from North Bay, Toronto, Windsor and other points, stated that since the Canadian Pacific Council of the St. John Ambulance Association was inaugurated in 1909, over twenty thousand employees of the Company have received instruction in First Aid. The last annual report of the St. John Ambulance Association referred to the Canadian Pacific as the "premier railway centre."


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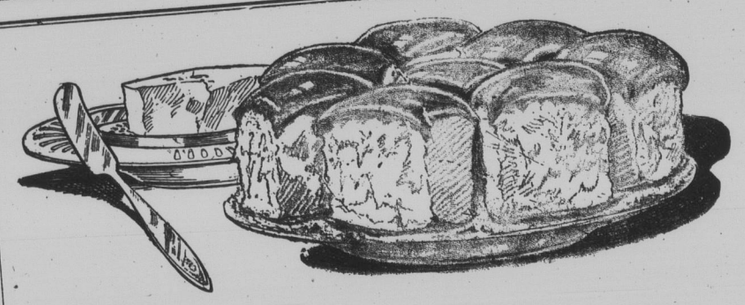

## Hot Rolls and Butter

The very thought of such a delicacy makes the mouth water. Whether it's Bread Rolls for breakfast, Rusks or Parker House Rolls for Lunch, Cinnamon or Tea Rolls for Supper they will be better when baked with Robin Hood Flour, light, flaky, nourishing and rich in the flavor of the golden grain. The most appetizing Rolls are easy to bake with unvarying success if you use this "guaranteed flour" milled from selected western hard spring wheat.

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## For Better Baking

CARNATION makes richer, more delicious cakes, pastry, puddings, and other dishes. It is just pure fresh milk, evaporated to double richness, kept safe by sterilization. No waste with Carnation—it keeps indefinitely until the can is opened, and for several days after opening if placed in a cool, clean place. With your groceries, order several tall (16 oz.) cans of a case of 48 cans.

Try the recipe given here. One hundred just as good are to be found in the free Carnation Recipe Book. Write for it.

ONE EGG CAKE—1 egg, ½ cup sugar, ½ cup butter or substitute, 6 tbsp. water, 1½ cups flour, 2 tbsp. Carnation Milk, 2 tsp. baking powder, 1 tsp. Cream the butter or substitute, add sugar gradually, and well beaten egg. Mix and sift flour, and baking powder, add alternately with milk, diluted with water to first mixture. Bake in a moderate oven.

The Label is Red and White

Produced in Canada by Carnation Milk Products Co., Limited

Carnation Milk

From Contented Cows