

DON'T LET YOUR WIFE BEND OVER A WASHTUB

all day, rubbing and scrubbing in a hot, steamy wash-house. Think of the drudgery—the backache—the serious illnesses too often caused by chills. Avoid this! Get her a



Maxwell

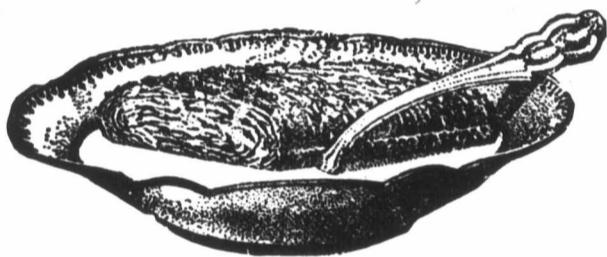
"EXCEL-ALL" WASHER

and ease this burden and save money. Clothes washed cleaner and whiter in half the time. A dry, clean floor, too.



Go with the wife to the nearest Maxwell dealer and see the Maxwell "Excel-All" Washer. Notice how easily it works—almost runs by itself. See the improved swinging adjustable wringer board. Runs on ball bearings with assisting spiral springs. It means lighter work and better health. Also enquire about our Washers for Water, Electric or Gas Engine Power.

MAXWELLS, LIMITED ST. MARY'S, ONT.



In Peace and in War

—in sickness and in health—in good times and in bad times—in all climes and in all seasons—

SHREDDED WHEAT

is the one staple, universal breakfast cereal and sells at the same price throughout the civilized world. War is always the excuse for increasing the cost of living, but no dealer can raise the price of Shredded Wheat. It is always the same in price and quality—contains more real nutriment than meat or eggs—is ready-cooked and read-to-serve.

Two Shredded Wheat Biscuits, heated in the oven to restore crispness and eaten with milk or cream, will supply all the nutriment needed for half day's work at a cost of not over four cents. Deliciously nourishing and satisfying for any meal with fruits or creamed vegetables.

Made by

The Canadian Shredded Wheat Company, Limited
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pel. Final action was taken in 1714. Many names prominent in American History are associated with this old church. Among those buried in the churchyard is Gen. "Mad" Anthony Wayne. Steps are being taken for the proper celebration of the bi-centennial next September. One of the features will be the issue of an edition-de-luxe of the history of the church, the proceeds of which will go to provide free beds in the Chester County Hospital at West Chester.—Southern Church.

The Alien Problem.—The Convocation of South Philadelphia continues to be a great field of labour among the people of foreign birth, and as such it is important from a missionary standpoint. Formerly it was occupied by a good class of English-speaking people. The negroes in large numbers afterwards came in. These were pressed westward by the Italians, who in turn were crowded out by Hebrews, Slavs, Huns, Poles and Russians. How to deal with them has become a serious problem which the Bishop and his chosen committees are seriously considering on a broad and liberal scale and in such a manner as cannot fail in producing good results. There are several points at which there are coloured churches all doing well. The French Church is improving both in congregations and the Sunday School. The Italian work is being reorganized and placed on a better basis. The Seamen's Mission has been meeting the needs of the sailor in a most desirable manner, though for the present, owing to the tying up of foreign shipping through the European war, it is much handicapped. The work among the other foreign peoples, as among the negroes, French and Italians, is being pressed vigorously under commissions at the head of which is the Bishop of the diocese.

Some years ago Sir Lauder Brunton made many interesting researches on the effect of alcohol on the system in health and disease. As an example of the risks of trying to ward off cold by means of spirits, he gave the case of a party of mountaineers who had to encamp in an exposed place at some considerable height. Some of the men, on getting into their sleeping bags, took no spirits at all, others took a small quantity, while the rest indulged liberally, and in consequence went comfortably and quickly asleep. The next morning, however, not one of this last group woke; all were dead. By their own act they had condemned their vital organs to death from the cold. Those who had taken a small quantity of alcohol felt warm for a short time, but it was at the expense of the general body heat, and in the morning they rose cold and miserable. Those who were best off were the men who had not taken any spirits, for though they suffered discomfort till they fell asleep, the temperature of the heart and vital organs was not interfered with, and they felt no ill effects from the exposure. Where a stimulant is wanted in cold weather or after exhausting labour, either mental or bodily, a tumbler of milk, as hot as it can be sipped, will be found immediately refreshing, and, except in a few cases, more efficacious than alcohol, and more enduring in its effect on the system.

British and Foreign

The Church Army's recreation tent in Hyde Park, for troops quartered in the district, has been pitched near the Marble Arch, and was officially opened on Monday evening, August 31st.

From Japan comes encouraging news: "A Church steadily gaining strength, increasing evangelistic zeal amongst her Christians, growing fellowship between foreign and Japanese workers, and fuller understanding between the different Christian bodies."

In regard to China, it is pointed out that it is difficult to generalize, as the conditions change rapidly and vary from province to province. Urgent appeals for fresh help come from every Mission, plans for advance are prepared, the Kingdom in China waits for strengthened Christian forces.

In the one hundred and fifteenth annual report of the C.M.S. it is reported with regard to Uganda that "no fewer than 6,600 adults have been baptized, the largest number again being in Busoga. At Gulu, the most northern station, the work has been reopened among a people "who want nothing, wear nothing, do nothing, and are content with a small beehive hut into which they creep like insects." So the work in Uganda is gradually being linked up with the work in the Southern Sudan.

It is also cheering to learn that in India the mass movements are still an outstanding feature in the work, spreading upwards and influencing the higher castes. It is pointed out that the shepherding of these often small groups of people, gathered into the Church but still ignorant and needing patient help, is a great responsibility. The essential importance of Christian education is emphasized. During the past year noble building grants, including nearly £10,000 for the Calcutta College, have been received from the Government for our educational institutions.

MOTORS MAKE DEAR TEA, SAYS LONDON PAPER.

Tea, all except China, has gone up in price from twopence to fourpence a pound since this time last year. The finest Indian has gone up fourpence, ordinary Indian and Ceylon teas twopence a pound.

The reason, curious as it may seem, is the fact that more and more people are buying motor-cars every year.

Brisk selling in the motor world means a growing demand for rubber for wheel tires. This led in the time of the rubber boom to a sharp rise in the price of rubber. It so happens that rubber and tea are two crops that require exactly the same conditions of soil and climate, with the result that ever since the beginning of the rubber boom more and more tea planters have dropped tea for rubber. The effect of the shorter supplies of tea is just beginning to be felt in the present rise of price.

So that is why our tea is dear. If your tea merchant is not raising his price he is giving you poorer quality for your money. The cost of your cup of tea is going to rise further, too.

BIRTHS

MASTERS—At the Rectory, Warton, on Thursday, September 17th, to the wife of the Reverend Charles K. Masters, a daughter.

Boys and Girls

FOLDED HANDS

The hot July sunshine which poured down on the little garden that overhung the cliff was tempered by the soft sea-breezes that blew up from the little horseshoe bay some forty feet below it. Nevertheless, the whole atmosphere was suggestive of somnolence.

Bees buzzed drowsily among the sleepy roses around the wicker porch under which old Andrew Davey lay wrapped in happy postprandial slumber. Even his old retriever, Gyp, had lost his usual sense of noonday vigilance and snored softly at his master's feet. One would have