

When midsummer heat affects you, and you feel languid and played out, just try a glass of

"SALADA"

Iced Tea. You'll be surprised how it refreshes you. "SALADA" Tea is absolutely pure.

Sealed Lead Packets Only.

Allow the tea to steep for five minutes and then pour off into another vessel to cool gradually. Never use artificial means of cooling until ready to serve; then add sugar, ice and lemon.

Do Your Children Get Enough Sleep?

Different Ages Need Different Hours of Sleep—A Time-Table.

"Can't I sit up just a little later, mother?" is the plea that is heard in every home where there are children the civilized world over. And in far too many of these homes the fond and doting parents, unwilling to discipline their youngsters, all too frequently reply, "Well, just half an hour longer."

Then the child dawdles about at the expiration of the half hour before going to bed. But when morning comes the breakfast is at the same hour and the youngsters have to get up and eat and get off to school just as early, regardless of the fact that lost an hour from their sleep by retiring that much later than usual.

It is true that women will not depart a hair's breadth from their customary methods of making a cake or anything else. Yet these same people as parents permit those dearest to them to change about in their regular hours of sleeping, allow them to sleep less and do all sorts of things that will break up their rest and tend to shatter their health in time. There should be just as much firm-

ness in the matter of making children sleep the proper number of hours as there is in making a cake or building a bridge or mixing chemicals; there should be more care, in fact, for after all, the children are above everything else in the life and laws of succeeding generations.

Children of different ages need different hours of sleep, the infant sleeping most of the time, while the young lad or young miss needs less than half the day for sleep. Of course, it is possible to sleep too much. A great many grown people probably sleep too much, but it is seldom a child will do that. In the first place, a child's nature is different. When it has had sufficient sleep it wakes up naturally, its young body is rested and its natural desire is to be up and playing.

With children the danger is always on the side of not enough sleep. If a child wants to sleep an hour or so longer than usual, it is quite natural. In most cases, and due, no doubt, to the fact that it has played a little harder on the day previous.

According to the best of authorities, the following table shows the least number of hours that children of various ages should sleep:

At 4 months.....	20 hours
At 6 months.....	18 hours
At 1 year.....	15 hours
At 2 years.....	15 hours
At 4 years.....	13 hours
At 7 years.....	12 hours
At 9 years.....	10½ hours
At 14 years.....	10 hours

How the Militants Have Injured Women's Cause

LLOYD GEORGE CALLS IT ORGANIZED LUNACY—ALIENATED THEIR SYMPATHIZERS.

Mr. Lloyd George in an article in the July number of Nash's Magazine on women's suffrage says that the cause is being retarded by militancy and that militancy is nothing more than "organized lunacy." He goes on:

"The militants have erected militancy into a principle. I am beginning to think that a good many of them are more concerned with the success of their method than with the success of their cause. They would rather not have the vote than fail to win it by the particular brand of agitation they have pinned their faith to. They don't really want the vote to be given them; they want to get it, and to get it by force, and they are quite unable to see that the more force they use the stronger becomes the resolve both of Parliament and the country to send them empty away. If they had accepted Mr. Asquith's pledge of two years ago, and thanked him for it and helped him to redeem it, women's suffrage by now would be an accomplished fact. But they preferred their own ways, and what is the result? The result is that working for their cause in the House of Commons today is like swimming, not merely against a tide, but against a cataract. The real reason why the attempts to carry woman suffrage through the House of Commons during the past two years have failed is not merely the difficulty of trying to combine a non-party measure with the party system; it is, above all, the impossibility of using Parliament to pass a bill that the opinion of the country has been so resolutely and so consistently opposed to."

STRANGE.

"Most things that are bought, go to the buyer."
"Yes, all except coal; that goes to the cellar."

GOOD PROSPECT FOR CORN CROP.
Every one with corn will be pleased to know that Putnam's Corn Extractor is guaranteed to cure hard, soft, or bleeding corns in twenty-four hours. Painless and sure is Putnam's Extractor, 25c at all dealers.

CONSOLATION.



Advertiser Patterns
Beauty Pattern Company.



9239.—A Servicable and Desirable Model—Ladies' House Dress.

In a dress of this kind a woman will always look neat while at her household duties, and if made in white or other dressy fabrics, the design will prove very appropriate for afternoon wear. The oval neck opening is comfortable and very pretty, the side closing is very effective. The Gibson plait gives breadth to the shoulders, and the three-quarter length sleeves and the lower arm free and comfortable when at work. The skirt is a five-gore model. The pattern is cut in six sizes—32, 34, 36, 38, 40, and 42 inches bust measure. It requires 6½ yards of 44-inch material for the 38-inch size.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

PATTERN DEPARTMENT OF THE ADVERTISER.

Please send above-mentioned pattern, as per directions given below, to:

Name

Town

Province

Measurement—Bust.....Waist.....

Age (if child's or misses' pattern).....

CAUTION.—Be careful to inclose above illustration and send size of pattern wanted. When the pattern is bust measure, you need only mark 32, 34 or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' pattern, give bust, waist, and length measure. Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

THE LIFE OF BOOKS.

"I am speaking out of my own heart when I say that the life of books is its own exceeding great reward," says Claudius Clear in the British Weekly. "Though I had never profited one farthing by this love, though I had lost many a pound by reason of it, I should regret a single hour I ever gave to reading, and one of the greatest things I look forward to in the future is the chance of reading and re-reading some things I have partially forgotten, and reading things which I know of but do not know. Reading is its own exceeding great reward, and a new brightness and expectancy as resource will come into the minds of all of you if you do as I have counselled you, and make lovers, friends, and acquaintances in the world of books."

HOW LIFE IS CHANGING.

"The invention of the motor car has changed life more than almost any circumstance of the last fifteen years," says Desmond Coke in the Daily Mail. "Outlying towns that were then impossible have suddenly woken to new prosperity, while by Nature's old law of the pendulum London districts fashionable so lately are now a forest of 'let' boards."

"More and more the rush is to outlying places, a flight from the once envied hub. Hotels have shared in the dramatic change of fortune. They may be too near town; they find it difficult to be too distant. House property grows into a new science, for with this motor car arrived the week-end habit. The home by now is a mere five-day refuge after work. Life lies between the Saturday and Monday; so who would want a mansion? It had lost much more sensible to have a motor car and flat!"

A famous headmaster said to Mr. Coke: "As for religion, motoring kills all Sunday you have as soon as a boy gets home. Some 80 boys here just con-



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firmed have nominally made a rule for 'communicating.' They will keep it well at school, but as many say to me, 'What can they do in the holt-days?'

THEIR FATHERS' TRADE.

Prof. S. J. Chapman and Mr. W. Abbot contribute an article to the Journal of the Royal Statistical Society on "The Tendency of Children to Enter Their Fathers' Trades." The authors collected figures from evening continu-

ation schools in Lancashire in which the scholars had already begun to earn their livings. From some 2,415 correct returns obtained, dealing with 1,199 males, percentages of the callings adopted by the children of men in every one of the important trades were worked out. In every case it was found that the largest section of recruits to any trade was drawn from families already connected with it. Of the sons of textile workers for instance, 61.7 per cent. follow the trade of their fathers; of metal workers, 53.3 per

cent. of miners, 36 per cent.; of clerical workers, 49.1 per cent. "The relative pull of the father's trade on his children, in comparison with the pull of any other given trade of about the same grade," say the authors, "would tend to be roughly three to one, on the assumption that all trades are of equal magnitude, and growing at the same rate."

Garbage Cans

The garbage collectors have started their rounds. If you need a new can get it from O'DELL & BENNETT.

We carry a large stock of the anti-rust, superior quality cans adopted by the Board of Works. Don't make a mistake and overlook us when buying. A call on the phone will get one delivered to your door.



We Handle Red Cross Chemical Closets

We believe them to be the best and to give best satisfaction where there is no sewerage system. They are guaranteed. Come in and see them and let us show you their advantages.

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REFRIGERATORS, HAMMOCKS, SCREEN DOORS, WINDOWS, 1900 GRAVITY WASHING MACHINES AND CARPET SWEEPERS.

O'DELL & BENNETT
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TRAVELLERS' GUIDE

GRAND TRUNK RAILWAY.

SARNIA TUNNEL TO SUSPENSION BRIDGE AND TORONTO.
Arrive from the East—3:52 a.m., 10:55 a.m., *11:12 a.m., *11:28 a.m., *6:30 p.m., *7:55 p.m., 10:45 p.m.
Arrive from the West—12:14 a.m., 8:43 a.m., 8:48 a.m., *11:55 a.m., 1:10 p.m., *4:10 p.m., 6:25 p.m.
Depart for the East—12:19 a.m., *3:48 a.m., 7:20 a.m., 9:00 a.m., *12:05 p.m., 2:05 p.m., *4:25 p.m., 6:53 p.m.
Depart for the West—9:57 a.m., 7:40 a.m., *11:18 a.m., *11:35 a.m., 1:40 p.m., 8:20 p.m.

LONDON AND WINDSOR.
Arrive—8:53 a.m., 11:30 a.m., *4:00 p.m., 6:50 p.m., 11:05 p.m.
Depart—8:35 a.m., 11:40 a.m., 2:05 p.m., *8:05 p.m., 8:11 p.m.

STRATFORD BRANCH.
Arrive—11:15 a.m., 1:39 p.m., 6:45 p.m., 11:25 p.m.
Depart—6:00 a.m., 10:00 a.m., 12:30 p.m., 2:45 p.m., 4:55 p.m.

LONDON, HURON AND BRUCE..
Arrive—10:00 a.m., 6:10 p.m., 8:10 p.m.
Depart—8:30 a.m., 4:40 p.m.
Trains marked * run daily. Those not marked, daily, except Sunday.

CANADIAN PACIFIC RAILWAY.

Arrive from the East—11:42 a.m., 6:15 p.m., *8:30 p.m., *11:25 p.m.
Arrive from the West—4:30 a.m., 11:30 a.m., *12:25 p.m., *6:20 p.m., 8:50 p.m.
Depart for the East—4:38 a.m., 3:00 a.m., *12:25 p.m., *5:20 p.m.
Depart for the West—3:15 a.m., *11:30 a.m., 6:55 p.m., *8:10 p.m., *11:33 p.m.

Trains marked * run daily. Those not marked, daily, except Sunday.

MICHIGAN CENTRAL RAILWAY.

Arrive—7:05 a.m., 11:20 a.m., 4:50 p.m., 9:45 p.m.
Depart—7:12 a.m., 2:22 p.m., 5:27 p.m., 10:15 p.m.

PERE MARQUETTE RAILWAY.

Effective Sunday, June 22.
Trains depart—5:40 a.m., *7:10 a.m., 9:45 a.m., 1:15 p.m., 2:30 p.m., *4:20 p.m., 6:50 p.m., 8:25 p.m., 11:20 p.m.
Trains arrive—8:45 a.m., 12:50 p.m., 1:40 p.m., 4:57 p.m., 5:52 p.m., 8 p.m., *10:10 p.m., 11:45 p.m.

Sunday service to Port Stanley.
Depart—9:45 a.m., 2:30 p.m., 8:25 p.m.

Returning, leave beach—12:25 p.m., 6:45 p.m., 10:30 p.m.

Arrive in London—1:40 p.m., 8 p.m., 11:45 p.m.

*To and from Walkerville.
All trains to and from Port Stanley except trains marked with star.

GRAND TRUNK RAILWAY SYSTEM

ONLY LINE REACHING ALL SUMMER RESORTS IN HIGHLANDS OF ONTARIO.

Including:
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Lakes of Bay, French River
Georgian Bay, Timagami
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Full Summer service now in effect to all of above resorts. Write for full particulars and illustrated folders to any Grand Trunk Agent.

HOMESEKERS' EXCURSIONS.

Each Tuesday until Oct. 28 inclusive. Winnipeg and return, \$35.00. Edmonton and return, \$43.00. Low rates to other points. Return limit two months. Pullman Tourist Sleepers leave Toronto 11:35 p.m. on above dates running through to Winnipeg via Chicago and St. Paul without change. Tickets are also on sale via Sarnia and Northern Navigation Company. The Grand Trunk Pacific Railway is the shortest and quickest route between Winnipeg, Saskatoon and Edmonton. Tickets now on sale at all Grand Trunk ticket offices.

R. E. RUSSE, city passenger and ticket agent. Phone 50.

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