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

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?

Hours of Sleep-A Time-Table.

'Can't I sit up just a litlater, mother? is the plea that is heard in every home where there aer children the civilized world over. And in far too many of these homes the fond and doting parents, unwilling to displease youngsters, all too frequently 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 cutting a garment, or doing any ordinary work, nor will the fathers deviate in the least from certain rules whether it be machinery or chemistry 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.

Different Ages Need Different | ness in the matter of making children sleep the proper number of hours as there is care 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 dif erent hours of sleep, the infant sleep ing most of the time, while the young lac or young miss needs less than half the day for sleep. Of course, it is possibl to sleep too much. A great many grown people probably sleep too much, but i s seldom a child will do that. In the irst place, a child's nature is different. When it has had sufficient sleep it

With children the danger is always n the side of not enough sleep. If a hild wants to sleep an hour or so onger than usual, it is quite natural, most cases, and due, no doubt 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 their business or profession, number of hours that children of

	var	10 U	s ages	1	31	1	) 1	l	G	S	10	36	9]	)				
	A.t	4	month	s.													20	hours
	At	6	month	as													18	hours
	At	1	year.														15	hours
	At	2	years														15	hours
	At	4	years														13	hours
	At	7	years														12	hours
	LAt	9	years														101/2	hours
			years															
۰.,		-		-	-	-	-	-		 -	-		-	-	-	-		

## How the Militants Have Injured Women's Cause

LIOYD GEORGE CALLS IT OR. is militancy and nothing else." He con-GANIZED LUNACY-ALIENATED THEIR SYMPATHIZERS.

Mr. Lloyd George in an article in the guly 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:

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 Mr. Asquith's pledge of two years ago, and thanked him for it and helped him to redeem it, woman 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 The real reason why the attempts to carry woman suffrage through the House of Commons during the past two years have falled 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 fomented to condemn. The fact that in both the prin cipal parties there is clean division of opinion on this issue, and that no government, or none that is at present conceivable, can bring forward a measure for the enfranchisement of women as a Government, is a great but not necessarily an insuperable obstacle. The one barrier there is no surmounting and no getting around is the decided and increasing hostility of public sentiment; and for that the militants have only

tinues:

"Its practitioners really seem to think that they can terrorize and pinprick Parliament into giving it them; and until they learn something of the people they are dealing with, their whole agitation, so far as the House of Commons is concerned, is simply and utterly damned. It is perfectly astonishing to recall with what diabolical ingenuity they have contrived to infurlate all their opponents, to allenate all their sympathizers, and to stir

allenate all their sympathizers, and to sti up against themselves every prejudice in the average man's breast. A few year the average man's breast. A few years ago they found three fourths of the Liberal M. P.'s on their side. They at once ago they found three fourths of the Liberal M. P.'s on their side. They at once
proceeded to cudgel their brains as to
how they could possibly drive them into
the enemy's camp. They rightly decided
that this could not be done more effectively than by insulting and assaulting
the Prime Minister; the chief of the party
and a leader for whom all his colleagues
and followers feel an unbounded admiration regard and affection. When they

"I am speaking out of m ion, regard and affection. When they as thus successfully estranged the macority of Liberals, they began to study the collical situation a little more closely They saw that the Irish Nationalists were very powerful factors in the Ministeria Coalition. The next problem, therefore was how to destroy the last chance tha the Irish Nationalists would support their cause. They achieved this triumphantly first by making trouble in Belfast, when

by breaking in upon the proceedings at an Eisteddfod." STRANGE.

"Most things that are bought, go to the buyer."

"Yes, all except coal; that goes to

GOOD PROSPECT FOR CORN CROP. Every one with corns 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 Extrac-Mr. Lloyd George declares "that the Painless and sure is Punain obstacle at women getting the vote tor, 25c. at all dealers.

CONSOLATION.



worry yerself, mate, it wasn't your fault, 'e mistook you for somebody else

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In a dressof this kind a woman will always look neat while at her housewakes up naturally, its young body is hold duties, and if made in white or rested and its natural desire is to other dressy fabrics, the design will be up and playing.

other dressy fabrics, the design will prove very appropriate for afternoon wear. The oval neck opening is comfortable and very pletty, the side closing is very effective. The Gibson plait gives breadth to the shoulders, and the three-quarter length sleeve leaves the lower arm free and com-fortable when at work. The skort is a five-gore model. The pattern is cut in six sizes—32, 34, 36, 38, 40, and 42 inches bust measure. It requires 61/2 yards of 44-inch material for the 36-

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Age (if child's or misses' pattern) ..... CAUTION .- Be careful to inclose above

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' or child's pattern, write only the figure representing the age, is not necessary to write "inches" "years." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in

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 strong suffragist, and secondly by gong to Dublin when all Nationalist Ireland
ad assembled to welcome Mr. Asquith,
hrowing a hatchet at Mr. Redmond, and throwing a hatchet at Mr. Redmond, and trying to burn down a theatre. That finished Ireland, but they they were dissatisfied. There was a dangerous movement of sympathy with their agitation in Wales, and they felt that at any cost it had to be checked. They not only checked but demolished it with the greatest ease, by breaking in upon the proceedings at

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 ashionable so lately are now a forest

"More and more the rush is to outying 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 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? How much more sensible to have a motor car and

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



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communicating.' They will keep it the scholars had already begun to earn well at school, but as many say to me, What can they do in the holf-

THEIR FATHERS' TRADE.

Prof. S. J. Chapman and Mr. W. Abbot contribute an article to the any trade was drawn from families Journal of the Royal Statistical Society on "The Ttendency of Children to Enter of textile workers for instance, 61.7 Their Fathers' Trades." The authors per cent. follow the trade of their collected figures from evening continu- fathers; of metal workers, 33.3 per

their livings. From some 2,415 correct returns obtained, dealing with 4,196 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 already connected with it. Of the son

ical 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 were of equal magnitude, ond growing at the

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### TRAVELLERS' GUIDE

GRAND TRUNK RAILWAY.

SARNIA TUNNEL TO SUSPENSION BRIDGE AND TORONTO. Arrive from the East—\*3:52 a.m., 10:56 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., 3:43 a.m. 8:43 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—\*3:57 am., 7:40 a.m., \*11:18 a.m., \*11:35 a.m., 1:40 p.m., \*8:20 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—6:35 a.m., \*11:43 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...

LONDON, HURON AND BRUCE...
Arrive—10:00 a.m., 6:10 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., 6:45 p.m., \*8:90 p.m., \*11:25 p.m.
Arrive from the West—\*4:30 a.m., 11:30 a.m., \*12:25 p.m., \*5:20 p.m., 8:50

p.m.
Depart for the East—\*4:38 a.m., 8:00
a.m., \*12:35 p.m., \*5:30 p.m.
Depart for the West—8:15 a.m.,
\*11:30 a.m., 6:55 p.m., \*8:10 p.m., \*11:33

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—7:22 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.

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., 5:05 p.m., 8:25 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.
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