

Shorthorn Cattle & Oxford Sheep.

Best Offerings in Shorthorns—
Young Bulls from 8 to 10 mos. old, by
the sire as Junior Champion, Female,
Leading Canadian Fairs, 1915.

Oxfords—
Choice Ram Lambs by Imported sire.

JAS. G. THOMSON

Shorthorn Cattle

Winners of the Silver Medal at Great
Northern Exhibition for the past two
years.

Choice young stock of both sexes on
hand for sale.

Herbert H. Pletsch
R. R. NO. 1, CARLSRUHE
Lot 13, Concession 13, Carrick.

R. E. CLAPP, M. D.
PHYSICIAN AND SURGEON.

GRADUATE Toronto University and member
College Physicians and Surgeons of Ont.
Office and Residence—Elora, Ont., north
MILDMAY.

J. A. WILSON, M. D.
PHYSICIAN AND SURGEON

HONOR Graduate of Toronto University
Medical College. Member of College of
Physicians and Surgeons of Ontario. Office
and Residence—Elora Street North
MILDMAY.

DR. L. DOERING
DENTIST MILDMAY.

HONOR Graduate of Toronto University
Licentiate of Dental Surgery, and Member
of Royal College of Dental Surgeons of Ontario
opened up his offices next to C. Schurter's
Dentist. Entrance on Main Street. All the
best methods practiced in dentistry. Visits
Elora every first and third Saturday, Clifford
every second and fourth Saturday, and New-
stead every second and fourth Tuesday of each
month.

No Guesswork.

Our method of testing eyes and
fitting them with glasses, is modern,
up-to-date and scientific.

THERE IS NO GUESS-WORK

It costs you nothing to let us
examine your eyes.

If you are suffering from head-
aches, pain in back of eyes, or
vision is blurred, or you get dizzy
easily. Something is the
matter with your eyes. We fit
glasses that relieve the strain.

Prices Moderate.

C. A. FOX
JEWELLER & OPTICIAN Walkerton

SPRING TERM

at the

**NORTHERN
Business College**

WEN SOUND, ONTARIO

Opens on Monday, April 3rd

Students are admitted any time.
Young women should begin making
preparation at once to fill the
places of the office men who have
enlisted.

Write for particulars and circular.

C. A. FLEMING, P.C.A.
PRINCIPAL **O. D. FLEMING,**
For 35 yrs. SECRETARY

The Western Fair.

September 8th to 16th.
London, Ontario.

London's popular Exhibition promises
to be better patronized than ever, this
year. The management is planning larger
and better things for September
next than have ever been undertaken before.
The new Process Building promises
to be a hive of industries and considerable
space is already taken. A new
system of admission at the gates will be
adopted by means of new coin turnstiles.
Change booths will take the place of
ticket booths and the public will be ad-
mitted through a special gate for the
masses. If space of any kind is required
application should be made to the
secretary at once. Prize Lists and all
information on application to the Secretary,
A. M. Hunt, London, Ontario.

Items Of Interest.

It is said that a lion can destroy a man
by licking him. Correct. The British
Lion is engaged in that very task and the
Kaiser is the subject.

Schools of journalism are recent arrivals
in the world of education, but there
were forty-six of them represented at
the convention in Kansas last month.

Doing business without advertising is
like winking at a girl in the dark—you
know what you are doing but she
doesn't.

Quelph went back to standard time
Friday morning. The daylight saving
has petered out after a trial of two or
three weeks and it isn't likely the clocks
will again be tampered with.

Twenty-one skeletons were unearthed
when a man started to dig a cellar at
Gladstone, Ill. And many an Ontario
cellar will have about that many kinds of
spirits after the fatal 16th of September.

In view of the fact that the Western
provinces have adopted prohibition the
question naturally arises as to what will
become of some of the extensive breweries
and distilling plants in Canada.

Twenty-nine street accidents in one
week has caused the police in Toronto
to interview the Attorney General with a
view to having drastic measures taken to
deal with reckless motor drivers.

Certain professors have decided that
there are 45 varieties of fungi which are
good to eat. If they would only include
the common old variety of lawn grass
the high cost of living would be reduced.

The main reason for the scarcity of
ocean tonnage and the unprecedented
freight rates is the fact that the Allied
powers have thirty-one hundred merchant
vessels from the trade routes for
military and naval uses.

Sixteen Americans have arrived from
Constantinople, because as they claim,
they could get nothing to eat there. All
of which gives us another jolt as to the
truth of the Hun yarn that there was
lots to eat, only it needed proper distribution.

An advertisement is to a merchant
very much like what sowing seed is to a
farmer. It may take a little time for the
results to become apparent, but they are
sure to come. The wise farmer is not
sparing with his seed, nor the wise merchant
with his advertising.

It costs almost ten times as much to
send wheat to Europe to-day as it did in
1914. The ocean freight rate on grain
has risen faster than that on any other
commodity, unless it is coal; from 4.1
cents a bushel in January, 1914, to 40.6
cents in April, 1916.

The Grey County Council last week
unanimously passed a resolution to grant
\$96,000 to the Canadian Patriotic and
Red Cross Funds, to be paid in monthly
installments of \$5,000 each month or
until the war ceases. Twelve hundred
dollars was voted to the funds of the
147th Battalion and six hundred to the
recruiting funds.

Southampton Orangemen are much
disappointed in not being able to arrange
to have a celebration in their town on
July 12th. They have failed to make arrangements
with the G.T.R. to have a
special train run from Palmerston.
Without this no successful celebration
can be held, as the regular train service
would leave the visitors in the town over
night.

Col. Sam Hughes, Minister of Militia,
has announced that Bruce County has
made a poor showing in recruiting and
is asking for three battalions. He says
Waterloo County, which has a smaller
population than Bruce, has raised two
battalions. The Col. should come to
Bruce, and start recruiting, and he will
soon learn of some of the difficulties
that were encountered in raising one
battalion.

Country churches like the country black-
smith shop and country hotel have
served their day and generation well,
and it looks as though with the disappearance
of the two latter and the advent of
the horseless car and quicker transportation
on good roads, that the country
churches will in many places pass quickly
away too. Four churches in the neighborhood
of this town that are regularly
attended and may soon cease to exist unless
revived by church union are Vesta,
Mooreburg, Sharon and Malcolm—
Chesley Enterprise.

While a lady in the West Ward was
picking strawberries on Friday last she
felt, as she thought, that her collar had
become uncomfortably tight around her
neck, and raising her hand to relieve the
situation she felt something that sent
cold chills all over her, causing her to
scream like one possessed. Her husband,
who was near, thinking she had a fit,
ran to the scene and espied the trouble
in the form of a snake which had
circled round her throat in true reptilian
fashion was tightening its coils. Un-
winding the tiny serpent, which it seems
was as harmless as a June bug, he
set the woman free and although she
had borne the matrimonial yoke uncom-
plainingly for years, yet this lighter
weight around her collar so racked her
nerves that she had almost to go to the
hospital for repairs.—Walkerton Times

Pure, Fresh, Quality Groceries

We buy in quantities to suit our
trade.

That's why our Groceries are al-
ways fresh.

Let others do as they wish. We are
taking no chances but have installed a
Sherer Gillet, sanitary pure food coun-
ter.

It is not only attractive but sanitary
and convenient and so avoids delays.

No long waits, no short weights if
you buy your Groceries here.

For the hot weather breakfasts

Krumbles, per package	10c
Shredded Wheat,	2 for 25c
Triscuit	2 for 25c
Quaker Cornflakes,	10c or 3 for 25c
Grapenuts, per package	15c

Terms—Cash or Produce.

The Store That Improves.

HUNSTEIN & KNECHTEL

GENERAL MERCHANTS

PHONE 20.

P. O. BOX 335.

CREAM.. WANTED

We are in the market to buy CREAM, sweet or
sour, at the highest market price.

We Supply Two Free Cans

Pay twice each month, test each can received,
send our patrons a statement of the weight, test and
butter fat in each can, with the empty can returned.

We refer you to any bank as to our standing.

Write for cans to-day.

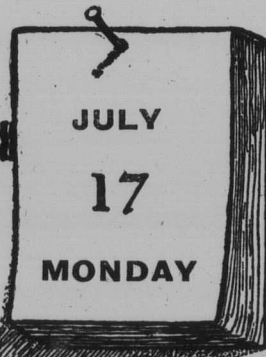
PALM CREAMERY

TRELEAVEN & RANTON

PALMERSTON, ONT.

NOTICE—We want an Agent here for Palm Dairy Ice
Cream. Write for prices and terms.

New
Issue
of the

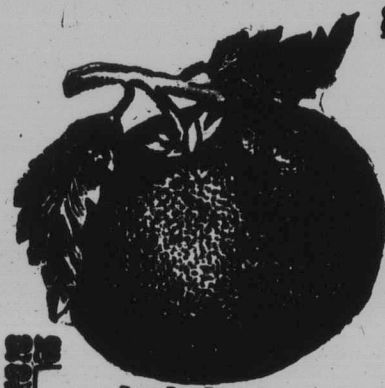


Telephone
Book.



- Copy for the next Telephone Directory
closes on the above date!
- Order your telephone now, so that
your name will be in the new issue!
- Report changes required to our Local
Manager to-day.

The Bell Telephone Co. of Canada.



FREE

A post card addressed to us
as below, with your name
and address on the other
side, will cost but one cent.
Drop it in the nearest mail
box, and it will bring promptly
a copy of our illustrated
50-page catalogue for 1916.
With it will come also—free
—a 15c. packet of

Byron Pink Tomato

A perfectly formed tomato, the Byron Pink is uniform, large, and
attractive. The flesh is firm, and the flavor delicious and full-bodied.
It is a robust grower and a heavy cropper. It is an ideal tomato for
forcing. You are going to buy seeds anyway; then you might just as
well send for our catalogue and get this free premium for yourself.

The Catalogue tells about the other valuable
premiums which we give with every order.

DARCE & HUNTER SEED CO., LONDON, LONDON, ONTARIO, CANADA

Western Fair

LONDON, ONTARIO.

September 8th to 16th, 1916.

WESTERN ONTARIO'S
POPULAR EXHIBITION

ART, MUSIC, AGRICULTURE & AMUSEMENTS

A Fine Combination at London's Exhibition.

A Real Live Program of Attractions Twice Daily

Two Speed Events Daily

FIREWORKS EVERY NIGHT

New Process Building Every Building Full of Exhibits

SINGLE FARE over all Railways West of Toronto

SPECIAL EXCURSION DAYS

Prize Lists, Entry Forms and all information
from the Secretary

W. J. REID, President A. M. HUNT, Secretary

Paris Green
Hellebore
Insect Powder
Zenoleum
Creso Dip
Creolin
Fly Nocker for
the Cows.

JOHN COATES
Druggist, Mildmay.

M. FINGER
Mildmay
I buy Wool, Hides, Poultry
Ragg, Rvber and Metal and pay
the highest prices. Call up Bell
Phone 38, and I will call on you.
Satisfactory dealing guar-
anteed.

5%
Are Issued
for Short
Term of Years
INTEREST
Coupons Payable
Half-Yearly
NEGOTIABLE
Assets: \$7,480,339
The Great West Permanent Loan Company
30 King St. West, Toronto

J. A. JOHNSTON
Agent Mildmay

As the result of a little fracas on Tues-
day afternoon at the Huron House of
Refuge, John Weatherall, formerly of
Goderich, was struck on the head with a
cane in the hands of another inmate
named Postlewaite. Weatherall died a
few minutes afterwards. The coroner
was called and a jury formed to view the
blow was a light one and it is thought
that the death may have been from heart fail-
ure rather than from the blow. Weather-
all was over seventy years of age and
Postlewaite is said to be somewhat ir-
responsible.—Wingham Advance.

Write to-day for large Catalogue.
Fall Term Opens August 28.
ELLIOTT
Business College
TORONTO, ONT.
Made this remarkable average re-
cord for the last 12 months. We
were asked to fill more than thirty
times as many positions as we had
graduates. The Business World
calls you prepared for the new
splendid opportunities; good salar-
ies. All who are anxious for a suc-
cessful business life should
arrange to enter this school.
Yonge and W. J. Elliott,
Charles Sts. Principal.

Spring Personals
A Prominent Ontario Woman
Speaks.



Welland, Ont.—"I am glad I heard
about Dr. Pierce's remedies. When I
was tired-out and worn-out I used
'Golden Medical Discovery' and
'Favorite Prescription.' It is true
that they are grand remedies, and I
found that they built me up and
made me feel like a new person. I
believe I used seven bottles in all.
I have recommended Dr. Pierce's re-
medies to several of my acquaintances."
"I have one of the Common Sense
Medical Advisers and think very highly
of it."—Mrs. MAY CLARK, 117 State
St., Welland, Ont.
Dr. Pierce's Golden Medical Dis-
covery is a tonic and builder that brings
new activity to the liver, stomach and
bowels in a short time, thus causing
sallowiness, indigestion and constipation
to disappear.
Good blood means good health; good
health means strong men and women,
full of vigor and ambition, with minds
alert and muscles ever willing. Any
medicine dealer will supply you with
Dr. Pierce's Golden Medical Discovery
in either liquid or tablet form. Send
to Dr. Pierce, Invalids' Hotel, Buffalo,
N. Y., for free medical advice.
Dr. Pierce's Common Sense Medical
Adviser—a great doctor book—of 1008
pages, cloth bound—answers many im-
portant questions. Copy will be sent,
customs prepaid, for 50 cents (or stamps)
to pay wrapping and mailing charges.
Dr. Pierce's Pleasant Pellets regulate
and invigorate stomach, liver and bowels.
Sugar-coated and easy to take—so candy.

Sir Roger Casement, promulgator of
the Irish rebellion nipped in the bud
some weeks ago, and traitor to his king
and the country that honored him, will
pay with his life for fomenting strife and
aiding the enemy. Sentence was passed
on Thursday after the jury, which was
out less than an hour, returned its
verdict. Daniel Bailey, a soldier arrest-
ed as Casement's accomplice, was given
his freedom.

Report of S.S. No. 13, Carrick

Promotion Examinations
Jr. IV to Sr. IV—Honors—Harry Pa-
etz, Pass—Melinda Filainger Lisette
Hill.
Jr. III to Sr. III—Laura Hill, Frieda
Filainger, Otto Lantz.
Teacher—H. M. Piohl.

After Col. J. A. Cooper of the Cana-
dian Buffs had related the story at the
city hall last night of the private in his
battalion who had lost his wife, leaving
five children ranging from three months
to seven years old, and showing the nec-
essity for the discharge of this man and
the securing of a good position for him,
an American citizen, Geo. E. Hewitt of
Cleveland, O., went forward and offered
to pay half the expenses of the family.
Mr. Hewitt offered the use of a farm of
his in Ohio for a home for the family and
left \$10 to help them.

It is agreed with all of us that money
does not last very long—just about long
enough to say "good-bye." But how long
coins remain in circulation before they
are worn out in the struggle of escaping
from clutching fingers is quite another
thing. An investigation has been made
at the Royal Mint at Ottawa, and it was
found that the two highest denomina-
tions last about as long as they did when
the last test was made in 1912. It show-
ed a mean age of 42 years for the 50-cent
piece, and of 39 years for the 25-cent
piece, as against 36 and 34 respectively
in 1912. The ten-cent pieces show a
mean age of 34 years as against 20 years
in 1912. The sample of five cent pieces
under investigation was too small to be
useful.

Low Cost of Living.

The Ripley Express is responsible for
the following: "The high cost of living
is 'something of the past' in this village.
A prominent resident informed us that
he is living on \$2 a week and is working
hard every day on the bill of fare. He
says it cost him in the neighborhood of
\$5 a week previous to the time he com-
menced to prepare his own food, and
states he is saving \$3 a week by having
what he relishes and not eating expen-
sive cuts of meat. This gentleman's
bank account should increase at a rapid
rate as he is making money at every
meal he partakes of.

Report of S. S. No. 5, Carrick

Promotions—Results based on term
work, final examinations, attendance etc.

Sr. III to Jr. IV—Alfred Klages, Ed-
die Schlegel.

Jr. III to Sr. III—Clemens Stroeder,
(Agnes Stroeder conditionally.)

Jr. II to Sr. II—Irene Helwig, Tab-
itha Losch.

Sr. I to Jr. II—Amelia Stroeder, Edna
Helwig, Herman Willfang, Walter
Losch.

Jr. I to Sr. I—Lizzie Hill, Silvina
Wagner.

Pr. A. to Jr. I—Amelia Weber, Em-
erson Rossman, Eleanora Stroeder, Is-
abel Wagner.

Pr. B. to Pr. A.—Madeline Klages,
Clarissa Stroeder, Katie Krohn.

Pr. C. to Pr. B.—Laura Weber, Mel-
inda Schlegel, Christena Krohn, Hilda
Wagner.

H. M. Ermel—Teacher.

Camp Borden Alert For Com-
ing Battalions.

Advance parties of five battalions ar-
rived at the camp last week. These de-
tachments represent the 157th, 166th,
180th, 198th and 213th battalions. They
are now comfortably established on their
individual areas. All the tents are in
position, water and sanitary arrange-
ments are complete, and the whole
camp is ready for occupation. With
the arrival of the Toronto units at the
beginning of the week, the camp will
be populated with troops at the
rate of four battalions per day. This
stream of khaki from various parts of
the district will continue until thirty-six
battalions are in possession. As each
unit comes in every man is presented
with a brand new straw hat of the latest
military style to protect him from the
heat of the sun.

He Took the Eggs.

Mr. Arthur Spotton, a former prin-
cipal of the Walkerton Business College,
and who, as will be seen elsewhere in
this paper, has sailed with a Winnipeg
regiment for the front, accompanied the
Herald-Times' scribe to Mildmay when
the football rivalry between the two
towns was at its height, and when the
minds of the people were strained over
the landing of the coveted dish. On the
finish of a spirited game, in which the
Carrick capital lost to Brussels, some
Mildmayites tried to soothe their ire by
peppering over-ripe eggs at the Herald-
Times scribe, who was seated in a rig
with Mr. Spotton, the latter of whom,
we are pleased to say, was much bigger
and broader than the target which the
egg-slingers were aiming at. As Mild-
may never excelled in the pitching line,
all the eggs landed on Spotton, who
made a most horrible rig-mate to ride
home with, owing to the fertility of the
Herald-Times' scribe. His Walkerton friends will
hope that Mr. Spotton doesn't have to
take all the bombs that are thrown at
his regiment at the front as he did on
the Mildmay occasion, else the chance
of his safe return after the war will be
slight.—Herald & Times.

Ambleside School Report.

Promotions.

Sr. III to Jr. IV—Lilian Goetz, Ed-
mund Meyer.

Jr. III to Sr. III—Evelyn Cronin,
Nellie Meyer.

Sr. II to Jr. III—Abbie Doerr, Agnes
Doerr, Isabella Schnurr, Leo Meyer,
Henry Illerbrunn, Clarence Steffer.

Jr. II to Sr. II—Melinda Cronin, John
Kuntz, Amelia Steffer.

Pt. II to Jr. II—Amelia Schnurr, Cle-
mentine Bohnert, Beilla Cronin, Mar-
tina Illig, Joseph Kupferschmidt, Rosie
Goetz, Lizzie Goetz, Willie Doerr.

Jr. I to Sr. I—Wilbert Cronin, Theo-
dore Goetz, Edward Meyer, Elmer Sch-
nurr, Bernard Kuntz.

Mabel A. Dowling—Teacher.

Two Loyal Youths.

Orville Steinmiller, son of Mr. Jostin
Steinmiller of Gorrie, formerly of Otter
Creek, a few miles south of Walkerton,
on being rejected for some physical de-
fect, straightway went to Toronto and
took a position in a munition factory in
order to do his bit in some way for the
flag. His brother, Jostin Steinmiller jr.,
on applying for enlistment was found to
be slightly under age for active service,
and being determined to help whip the
Kaiser is about to leave for Seaforth to
work in a munition factory. These two
boys are the only sons of Mr. Jostin
Steinmiller and have displayed a degree
of loyalty found wanting in a large num-
ber of older youths who are able and fit
to be taking some active part in the pres-
ent campaign.

Free Publicity.

There is one sentence which every ed-
itor of a newspaper is very familiar with
and which appeals to him with every is-
sue of his paper that is:—"We trust that
you will find it of sufficient interest to
give it space." In most cases editors do
find the articles would be interesting to
the readers of the paper. They are both
entertaining and instructive. It is
that a capable person has prepared them.
But the request usually comes
from some society, organization or branch
of work that considers the subject in
hand of sufficient importance to pay a
capable man to further its interests.
Then the newspapers are asked to give
the necessary publicity to make the work
effective. The only thing a newspaper
has to sell is publicity and it cannot af-
ford to give away this commodity to every
worthy organization any more than the
merchant or the farmer to give their
merchandise to whoever might ask.

Double Losers Cash Up.

Last Tuesday was cashing-up day for
the shareholders of the defunct Farmers'
Bank. It was a black day for many
farmers in Brant, the victims being es-
pecially numerous around the Malcolm
settlement. A few residents of Walk-
erton were also badly stung. The Farm-
ers' Bank was launched with a great
flourish of trumpets and many hastened
to take shares in what looked like a good
thing. When the Bank collapsed all
the shareholders were mulcted for
double liability, or in other words those
who paid for \$1000 worth of shares, had
to put another \$1000 and so on, some
farmers near Malcolm having as high as
\$3000 worth of stock and these being re-
quired to come across with another
\$3000 in cash. By this means, people
who did not have shares, but innocently
deposited their money in the bank for
safe keeping, will be repaid in full.

Thought Neighbors After
Them.

A few weeks ago we published an item
stating that a lady in town had called on
Magistrate Tolton and wanted to lay a
charge against a neighbor woman for
some alleged wrong she claims to have
suffered, but the magistrate had per-
suaded the law-seeker to return home
and let the matter drop for the present
promising her that if the offence was
repeated that he would proceed at once
to issue papers for a court-trial. Now,
strange to say, many women have come
to this office since and in a spirit of con-
fidence wanted to know if the complain-
ant was Mrs. So and So, referring in
each instance to some neighbor woman,
who over the fence had threatened to
put the law after them for some trouble
or other. Happily, none of the parties
who called was the one whose scalp
was being sought by the complainant
who visited Magistrate Tolton, yet it let
us in the secret that many women who
live side by side are threatening each
other with all kind of things, and that
when someone really does try to start
something going that they all fear that
it is the one next door making her prom-
ise good. How most women hate to
get into the law was shown in the sigh
of relief from each when assured that
she wasn't the one against whom the
suit was threatening to be instituted.—
Herald-Times.

Stock Feed

A large shipment of first-class mixed feed for all
kinds of stock just arrived, composed of corn, barley
and oats ground. Also a full line of the best flours
always on hand. Prices right.

Highest cash price paid for Butter and Eggs.

GEO. LAMBERT.

Mildmay

Ontario

About Watches.

Although Watches have advanced in price lat-
ely, I am still going to sell them at the old price.
A fine assortment in stock. Call and see for your-
self.

Brooches, Tie Pins, Neck Chains and Pendants,
G. F. Bracelets, Collar Pins and Cuff Links at about
half the regular price. Also a fine assortment of
China and Silverware for wedding presents.

Repairing done and satisfaction guaranteed.

C. Wendt

Jeweler

SKUNK

Get "More Money" for your Skunk
Mustard, Bacon, Feces, White Wood, Fish
and other Fur beavers collected in your section
SEND YOUR FURS DIRECT TO "SKUNK" or to any
agent in the West. Selling exclusively in WESTERN CANADA and
a reliable—reputable—safe Fur House with an established rep-
utation existing for "more than a third of a century." A long and
successful record of sending Fur Shippers prompt SATISFACTORY
AND PROFITABLE returns. Write for "The Skunk Business"
the only reliable, accurate market report and price list published.
Write for it—NOW—it's FREE
25-27 WEST ALBANY AVE.
A. B. SHUBERT, Inc. Dept. C. CHICAGO, U.S.A.

Ford Runabout \$480

Ford Touring \$530

Automobile prices are being
raised—but the Ford price has
been reduced \$120 since the
war began.

The immense Ford cash purchasing power has
made it possible to overcome in many ways the
serious obstacles met with by other car makers
because of the scarcity and advance in prices of
raw materials.

The high Ford quality is strictly maintained—and
the most exacting government tests have shown
that Ford constructive material even excels that
used in most high grade cars.

This year the Ford car—always the most econ-
omical car to buy and to operate—beats all re-
cords for economy.

Liesemer & Kalbfleisch

All cars completely equipped, including electric headlights.
Equipment does not include speedometer.

Use more water and
less flour, and get better
bread with—

PURITY FLOUR

"More Bread and Better Bread"

About the House

Useful Hints and General Information for the Busy Housewife

Marmalades, Preserves, Pickles.

Pear Marmalade—Peel, core and weigh the pears, then allow 12 ounces sugar to every pound of fruit. Put the pears in a saucepan together with a little of the sugar and enough water to cover, bring to a boil gently and then simmer slowly until the fruit is quite soft. Rub through a sieve and return to the saucepan, bring to a boil and add the rest of the sugar; stir until completely melted, allow to come to the boil and then simmer until of the right consistency. Great care is required during this second cooking as the mixture is very apt to burn. It can be flavored with either lemon rind, ginger or spices. The flavoring should be put in at the first cooking.

Plum Marmalade—Take out the kernels of the plums and boil the fruit in just enough water to cover, simmer until soft. Rub through a sieve, return to the saucepan, and cook until they begin to show signs of sticking to the pan. Then take up, weigh and measure out an equal quantity of sugar with which to make a syrup, allowing one-half pint of water to every one and one-half pounds of sugar. Skim carefully and cook until a little dropped into cold water hardens immediately. Put the fruit puree and the syrup together into a pan and cook until it just comes to a boil. Do not allow it actually to boil, and put immediately into sterilized jars, dust over the top with finely granulated sugar and cover.

Preserved Figs—The figs should be matured but not ripe. Scrape them, cut a small slit across the top, and put them into a basin of cold water into which put also one tablespoonful of lime (for 50 figs). Put a plate on top to keep the figs under the water; leave them for about 12 hours, then take them out and wash them clean. Put them into a clean saucepan with about one and one-half quarts of clean water, one-half teaspoonful of carbonate of soda, and one-half teaspoonful of salt; let the figs boil up in this with the lid off. Take them out when soft enough to be pierced with a sharp stick, and drain them through a colander. Take one pound of sugar more than the weight of fruit, make a syrup one-half pint of water to three-quarters pound of sugar, and when it has been strained and cool, lay the figs in it for a night and the next day boil them over a slow fire till the fruit is quite clear.

Pickled Beets—Wash very carefully, taking care not to break the skin, the color will come out if this is done. Boil for an hour, and let them stand until perfectly cold. Slice and slice them, and pour over them vinegar in which a few peppercorns and some cloves have been previously boiled. Cover the jars closely, and see that the beets are thoroughly covered with vinegar.

Pickled Cauliflower—Trim the cauliflower and break it up into small pieces. Strew these with salt, and leave them from 12 to 24 hours between plates. Drain them well, pack them with salt, and cover with cold vinegar, previously boiled up with spice. The cauliflower can be quickly parboiled in salt and water before it is put in the jars, if you find the raw vegetable indigestible.

Pickled Cucumbers—Choose small and perfect cucumbers without any spots. Lay them in strong salt and water until they turn quite yellow, stirring them twice a day to keep them from softening. When they are quite yellow, pour off the water and cover with grapevine leaves. Boil up the poured-off water and pour it boiling over the cucumbers. Leave them all in a warm corner near the fire. When the water is almost cold, boil it up again and pour it over the cucumbers again. Repeat this process until the cucumbers turn a good green, keeping them covered with the leaves, a clean cloth and a reversed soup plate to keep in the steam. When they are thoroughly green, drain them well, pour the following pickle over them and tie down with bladders or parchment.

Pickled Walnuts—Gather the walnuts before the shells begin to form. Wipe them, prick with a darning needle and put them in a large crock or basin. Make enough brine to cover them, allowing a quarter of a pound of salt to each quart of boiling water. When quite cold, pour the brine over the walnuts and leave them in it for about a fortnight. They ought to be stirred occasionally and the brine changed twice during this time. Now drain the walnuts and spread them out on trays in a single layer to dry in the sun until they turn black. Have ready some dry, wide-necked bottles, three parts fill them with walnuts, and fill up with vinegar which has been boiled previously with spices.

Pineapple Dishes.

There is no more delicious warm-weather fruit than the pineapple. Fruits are a welcome change at any time, but particularly so after the heavy meats and highly seasoned

sauces of the winter. Then the pineapple has a great many medicinal qualities that make it invaluable. Children love it, and it is one of the best things that they can eat for their general system, and for digestion, because of its pepsin-like qualities.

A fine fresh pineapple may be made into a delicious variety of summer desserts, and it is a good idea to can enough of the fruit for future reference. The best crops come from Cuba, Porto Rico and Florida and some from Hawaii. It is a good idea to watch the market, and choose the fruit the time that it is at its lowest price, and buy enough to last.

The best way to cut a pineapple is to remove the crown or blossom part, then cut through the fruit from top to stem. Divide into quarters. Remove the core; then cut into cubes or shred.

Pineapple toast is a novel recipe. Cut slices of old sponge cake a half-inch thick. Shape them round or diamond to give variety. Brush these with butter, dredge with sugar and brown lightly in the oven. Cool, then pour chopped pineapple and whipped cream over them. Serve with a strawberry on the top.

Pineapple shortcake is good. Use two cupfuls of sifted flour, into which you have put for teaspoonfuls of baking powder and a teaspoonful of salt. Add a tablespoonful of lard and two tablespoonfuls of butter; chop until the shortening is quite fine. Now add a cupful of milk (scant); beat thoroughly and bake in a large biscuit pan until done. Separate the biscuit by quickly drawing a clean white thread across the top between the top and the bottom. Butter each side well, add powdered sugar to the upper piece, then add shredded fresh or canned pineapple; sprinkle again with powdered sugar. Put whipped cream over the top; garnish with slices of orange.

Pineapple marmalade is an English dish. Pare and remove the eyes from the pineapples; cut in small cubes and shred with a silver fork; weigh the fruit and place two-thirds of its weight of granulated sugar in the lower part of an uncovered pan. Add the pineapple in an uncovered pan until it is reduced, then add the juice of a lemon to each pound of the fruit, add the hot sugar, boil five or six minutes, fill jelly glasses, and when it is cool fill with the mixture. Thin marmalade custard is another favorite dessert. Cut a pineapple with a silver fork, or shred it into small pieces. Add a cupful of sugar, and set on the ice. Make a good boiled custard, pour it over the pineapple. Make a meringue of the whites of the eggs. Cover the top of the pineapple with this and brown delicately. Chill and sprinkle grated almonds over the top.

Things Worth Knowing.

Half a pepper minced fine will flavor an omelet.
Overdone food is as bad for the digestive as underdone.
Apples, bananas and lettuce are a delicious salad mixture.
Don't forget that split peas make an excellent luncheon soup.
Orange gelatine served in the orange hull makes a most attractive dessert.

The lid should not be lifted from a pot in which dumplings are cooking. They are apt to be heavy if the lid is taken off before they are done.
Charming footstool covers are made of grey linen worked on cross stitch design.
Add a little apple to the rhubarb pie; it will be less tart and of delicious flavor.

When scalding sour milk for cottage cheese, have the water warm, not boiling; if boiling water is used the cheese will be lumpy and hard.
When turnips are young, wash them thoroughly and cook without peeling. The rind will cook as tender as the rest of the turnip.

Good flour adheres to the hand, and when pressed lightly remains in shape and shows the imprint of the lines of the skin of the hand.
A rich soup, with whole wheat bread and butter, a vegetable or salad, makes an excellent foundation for a dinner.

A good way to keep mattresses fresh is to let them have slips of their own covered with unbleached muslin.

To pop corn successfully, first put it in a sieve and dash cold water over it. The kernels will be large and fluffy.

City of Salonika.

Salonika, which has figured so prominently, for some time past, in the news of the day, is one of the old cities of the old world. Before Salonika there was Thessalonika, the Thessalonika of St. Paul, and before Thessalonika there was Therma. The site, in fact, at the head of the gulf of Salonika, on the great bay whose southern edge is formed by the Calamian heights, is too obviously one for a seaport not to have early found settlers. The actual founder of Thessalonika was Cassander, who, about the year 315 B. C., began the building of a city on the present site.

THE SUNDAY LESSON

INTERNATIONAL LESSON
JULY 16.

Lesson III.—Paul At Athens—Acts 17. 16-34. Golden Text—Acts 17. 28.

Verses 22. Areopagus—The "Hill of Ares" is west of the Acropolis and north of the market place, from which Paul would be taken by a flight of steps cut in the rock. The ancient and dignified court which took its name from its meeting there is believed to have invited traveling men of letters to lecture before them, with a view to engaging them for regular lectures. This may have been the purpose with which they asked Paul to speak. Very religious—Though this word is capable also of meaning "superstitious," the choice of the other meaning is dictated to us by the simple consideration that Paul was a man of tact, incapable of starting with a rough word. That the word was ambiguous, and true in the other sense, is probably irrelevant.

23. Inscription—The existence of such altars in Athens was attributed to the counsel of the sixth century sage Epimenides of Crete (see verse 28), who when a pestilence occurred that they could not trace, advised a sacrifice "to the proper deity," leaving the name open. What therefore—Of course Paul was adapting their words to a new purpose: he never meant to add one more god to their crowded Pantheon! In ignorance—see verse 30. Paul is going to tell them the little oversight admitted in that inscription is nothing less than that of the one true God.

24. As a Jew, he naturally drops into Old Testament language (Exod. 20. 11; Isa. 42. 5), but the assertion could be matched almost verbally from the inscription of the Athenians' great antagonist, the Zoroastrian king of Persia, Darius; and Greeks like Euripides had declared that God could not be confined in temple walls. Made with hands—That God's true temple must be "made without hands" was a declaration of Jesus (see Mark 14. 58) which is guaranteed as a true report in this respect by the echoes in the Acts and Epistles.

25. Neither is he served—Compare Psa. 50. 9ff. Needed—An acceptance of Epicurean doctrine to match the approval of a Stoic poet (see verse 28). In one of his finest passages, Lucretius declares that Deity is "mighty in its own resources, needing us not at all."

26. Of one—Greek as well as Hebrew story recognized the common parentage of mankind. Seasons—The ages of their rise and fall, and their entrance on the lands they were to make their own.

27. Providence in history was to be the great prompter in the search after God. It was the clearness with which Israel's instinct grasped this lesson that qualified him to be God's missionary to the world.

28. A recent discovery tells us there are two quotations here: "A grave have they made for thee, O Zeus, highest and greatest, even the Cretans, always liars [etc., as Titus 1. 12]. But thou are not dead, for to eternity thou livest and standest; for in these we live and move and have our being." The verse in Titus is attributed to Epimenides, who now appears to have referred to the Cretan legend of the burial of Zeus in Crete. Certain—Namely, Epimenides for the earlier words, the Cilician Aratus (B.C. 270) and the Stoic Cleanthes (third century) for the latter. That there was a tinge of pantheism in both the quotations, according to their author's thought, does not prevent Paul's using them for a higher purpose.

29. Paul is enforcing the second commandment, which had a supreme justification in the Athenian degradation of that which is divine (marred into nothing more than physically beautiful men and women).

30. Overlooked—"Suffered all the nations to walk in their own ways" (Acts 14. 16). The words do not pretend to give a full account of what God will do with those who are "ignorant" through no fault of their own. They simply preparatory to the declaration that God's plan of salvation is now complete, and it is his will that men should all hear of it and accept it. Repeat—The word does not concentrate, like the English, on mere sorrow for the past: a wholly new attitude of mind is the point.

31. Appointed a day—"To fix a day" was the ordinary Latin term for announcing a legal inquiry; but Paul "day of Jehovah," so prominent in the prophets. Judge the inhabited earth in righteousness (margin)—Quoted from Psa. 9. 8. In a man—So literally: in is a regular Greek idiom for the judge before whom a case is tried. But Paul was more probably using his own "mystical in"—whether in redemption or in judgment, "God is in Christ." Ordained—The word Paul uses in Rom. 1. 4 (rendered declared).

32. Paul had no chance to develop his argument of which he had only delivered the opening; "a resurrection of dead men" was a sheer absurdity, and it was useless to waste more time listening to this Oriental fanatic. Those who were too polite to scoff promised to renew the boredom on a more convenient day—presumably Feb. 30!

33. Thus—Luke's restraint here is wonderful, only surpassed by the yet more tragic verse of Luke 4. 30. What Paul thought when he could get no further hearing we shall read in the lesson for July 30.

34. Dionysius—So there were some "wise after the flesh" (1 Cor. 1. 26) who accepted the heavenly wisdom! Damaris—Read the glorious stanzas in Myers' Saint Paul. The very presence of a woman in this meeting, in a town where respectable women were shut up and debarred all public life, suggests the previous character.

"Then I preached Christ; and when she heard the story—
O, is such triumph possible to men?
Hardly, my King, had I beheld thy glory,
Hardly had I known thine excellence till then."

FOR ANOTHER'S BRAVERY

French Soldier Must Wear Medal, Through Mistake.

An amazing story of French army official obstinacy was told in Paris recently by a young sergeant-major. He was in charge of a section of trench and had one day to demand a volunteer for a specially dangerous job. Three men offered themselves. One went out and was killed, the second did likewise, the third accomplished his mission safely.

The sergeant-major sent in a report of the incident, but must have been infelicitous in his description, for he found a few weeks later that he himself, instead of the real hero, had been cited for the war cross.

He at first refused to wear the cross and wrote again and again to have the matter put right. No notice was taken by the authorities. Military regulations force him to wear the cross.

"The only thing for me to do now is to accomplish some deed worthy of it," he concluded.

These Men.

"Perhaps it is just as well that wives do not always know how husbands disburse their funds."

"How now?"
"My wife would have a fit if she knew I spent my 15 cents' lunch money for a sandwich and a 10-cent cigar."

GERMANY'S HEROIC HAUSFRAU



The Official: "The Kaiser needs your pan."
Hausfrau: "He's welcome to it. We have nothing to cook in it, anyhow."
By Calcutt in "Pasquino," Turin.

COUNTING YOUR BLESSINGS

One Half of Misery Comes From a Failure to see the Wonderful Kindness of the Universe.

And be ye thankful.—Colossians, iii. 15.

In Japan there is a Buddhist saint known as Daruma. The Daruma pictures and images have little round bodies and heads with deep set eyes, but no legs, because the saint once meditated in a sitting posture for nine years and lost his legs. Lafcadio Hearn tells a story of one Otokichi and his Daruma. In the little Japanese fishing village where Otokichi lived the simple folk worshipped the Daruma in a peculiar way. All the Daruma saints were made without eyes. They were expected to earn them. Otokichi's Daruma had a right eye, given to the saint after a day of great fishing, and Otokichi remarked, "He shall have the other eye after another day of great good fortune."

Happiness Outweighs Unhappiness.

This becomes a parable. Whatever helps us to remember blessings is in itself a blessing. When I hear folk whining and moaning and complaining I want to say to them, "Get with eyes as you remember good things that have happened or are happening to you." The happiness of the world outweighs the unhappiness. The other day I was talking to a family who were telling me about their troubles. In the conversation the years of blessing quite outnumbered the years of trouble. And those to be re-joyced. The right kind of a good time is, through memory, a joy forever. As Ulysses says, "The years are gone, but I have them in my soul." Chesterton tells of a boy who

said he thought pessimists took care of your feet and optimists of your eyes. Well, pessimists are always seeing the mud, but optimists the stars. If we cultivate recognition and appreciation then we will find happiness on every bush. Count the blessings that you allow to slip by unnoticed. If half of your unhappiness is envy—which it is—the other half is blindness. One eye is jaundiced and the other blind. Recognition is increased through the habit of appreciation. People who lack fundamental gratitude are for the most part unhappy. Learn to appreciate the simple, primal things, like the return of the sun, the green grass and the flowers, all seasonal things.

The Happy Christ.

I like to think of the happy Christ, the Poet Christ, the Singer, the Rejoicer. We could go through the New Testament in this way and find His joy in nature, in the flowers, in the sun rising on the lake; His joy in little children, in common folk, in the mystic lit of friendship, happiness in spiritual success of His disciples. Yes, we would find a blessing, too, in suffering for what was good. Count your blessings and learn that the joy of the whole universe is increasing from more to more. Then it will be true of us, as of the great historian—"What grows fairer to me as life goes by is just the love and tenderness of it—not its wit and cleverness and grandeur of knowledge—grand as knowledge is, but just the cozy talk by the fireside, the friendship of friends, the laughter of little children, the sight of flowers and the sound of music."—Rev. Henry K. Denlinger.

THE FASHIONS

One-Piece Frocks

Just at this time of the year, when we are all of us finding the coat very irksome indeed, one-piece frocks play a most important season for them, but at this time their real charm is best appreciated.

Fabrics Important Considerations

Aside from the simple, trim models of serge, gabardine, faille, and taffeta, which one meets everywhere, the shop windows are gay with voiles, nets, figured organdies, and the dainty imported cottons, fashioned into frocks which are wonderfully appealing. Frills, narrow and wide, cobweb-like laces layer of the sheerest of fabrics are used to create these full-skirted, fluffy frocks, for summer dances, and the thousand and one other requirements of the summer playtime.

Interesting Tub Frocks

Of course, many of these dainty, lace-trimmed, befrilled lingerie frocks are anything but economical when one considers that they will not launder, but must be cleaned each time they are soiled. However, there are many dainty materials which will launder and make up quite as effectively—fig-



7150-7166

Russian Blouse of Embroidered Batiste with Plain Tussah Skirt

ured voiles, colored handkerchief linens, Cêpes, many of the organdies, and most of the imported novelty cottons, when simply trimmed.

A particularly effective summer frock, suitable for almost any daytime occasion, illustrated here, is developed in a dotted voile, a white ground embroidered with a soft pink batiste, just tinted to match the dot. The satin g-ile, which is in a darker tone, affords the necessary touch of sharp contrast.

Color Combinations.

Colors, more perhaps, than almost anything else, should be chosen, not according to the shades which are fashionable, but for their harmoniousness. There are certain combinations which are more becoming than others, and these should be selected.



6967-6988

Embroidered Voile and Tinted Batiste Flouncing

material as illustrated. The linen suitings are striped in the same colors, giving much the same effect. These Russian blouse suits and dresses are well liked for sports and also for more formal wear. For instance, the frock illustrated is developed in embroidered batiste combined with a skirt of plain white tussah, making a dainty, cool frock for summer afternoons.

These patterns may be obtained from your local McCall dealer or from The McCall Company, 70 Bond St., Toronto, Ont. Dept. W.

PEARLS OF TRUTH.

Men may live fools, but fools they cannot die.—Young.

More wasps are caught by honey than by vinegar.—Old Proverb.

Mother is the name for God in the lips and hearts of little children.—Thackeray.

The veil that covers the face of futurity is woven by the hand of mercy.—Bulwer Lytton.

Living is not breathing; it is acting.—Rousseau.

Although good never springs out of evil it is developed to its highest by contention with evil.—Ruskin.

Common Paradox.

"My wife's bills have a queer way of doing."

"How do you mean?"
"The more she contracts them the more they expand."

HEALTH CONSTANT CARE

Blood Becomes Poor Speedily Follows

Man's health is peculiarly upon the condition of her blood. Many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousness. Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are beyond doubt the greatest blood-building tonic offered to the public today. Every dose helps to make new, rich red blood, which goes to every part of the body and brings new health and strength to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women, but they are particularly useful to girls of school age who become pale, languid and nervous. Thin blood during the growing years of a girl's life usually means a flat-chested hollow-cheeked womanhood. There can be neither health nor beauty without red blood, which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills do all this, as is proved in thousands of cases. Mrs. Wm. Rowe, Carlaw Ave., Toronto, says:—"I have received so much benefit from Dr. Williams' Pink Pills that I feel it my duty to recommend them to others. I was about completely prostrated with anaemia. I had no appetite, was terribly weak and subject to fainting spells. I suffered greatly from dizziness, and the various other symptoms that accompany a bloodless condition. Remedy after remedy was tried, but to no avail until a friend advised me to try Dr. Williams' Pink Pills. Before completing the second box, I was again enjoying splendid health, and have since remained in that happy condition."

You can get Dr. Williams' Pink Pills through any druggist, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

GRATITUDE OF A HUN.

Prisoner's Testimony of His Splendid Treatment in England.

No greater contrast to the letters which come from Germany than our heroes imprisoned there can be imagined than the following letter addressed by a German prisoner in England to his "Dear M—, my dear children and my dear mother" in Germany, says the London Sketch.

"I have hitherto not been treated as a prisoner," he writes, "but have received nothing but love and care for my wounds.

"Everything is done for me to relieve my pains; in fact, everything that can be done for a wounded man.

"Therefore, my dear ones, respect our enemies.

"I always had a great dread of falling into English hands, but now that fate has overcome me I have learned better, and I see no trace of anything but tender love on the part of my former enemies.

"I have a splendid dinner every day, plenty of meat and potatoes, beautifully cooked.

"They give me almost too much, but for the sake of good manners I eat till it is all finished.

"Tea does not suit me, so coffee is specially prepared for me. Could a wounded prisoner ask for anything better?

"Do you, therefore show nothing but kindness towards our wounded enemies, particularly Englishmen."

For Pure Goodness and delicious, snappy flavour no other food-drink equals

POSTUM

Made of wheat and a bit of wholesome molasses, it has rich color, aroma and taste, yet contains no harmful elements.

This hot table drink is ideal for children and particularly satisfying to all with whom tea or coffee disagrees.

Postum comes in two forms: The original Postum Cereal requires boiling; Instant Postum is made in the cup instantly, by adding boiling water.

For a good time at table and better health all round, Postum tells its own story.

"There's a Reason"

Sold by Grocers everywhere.
Canadian Postum Cereal Co., Ltd., Windsor, Ont.

From the Middle West

BETWEEN ONTARIO AND BRITISH COLUMBIA.

Items From Provinces Where Many Ontario Boys and Girls Are Living.

Regina observed "Care for the Animals" Day in all the schools. The entire village of Steelman, Sask., was wiped out by fire. The Saskatchewan Legislature has made it lawful to kill cow hoses. Two women were appointed to sit with the Manitoba University Council. A Bantam Battalion for Alberta's short men is now recruiting in Calgary.

The citizens of Unity, Sask., presented a field kitchen to the 66th Battalion. Property amounting to \$300,000 will be sold for taxes in the city of Winnipeg.

Calgary was one of the first cities to adopt the weekly half-holiday during summer months. Joe Bernie and A. McDermid, of Moose Jaw, were drowned while out canoeing on the river.

George W. Young, grocer of Calgary, was fined \$100 for giving voice to seditious sentiments.

Wheat acreage in Manitoba is much smaller. The high winds have played havoc with the seeding.

A. Gussek, of Edmonton, a Russian soldier, committed suicide by hanging himself in a police cell.

Fire destroyed the North Star Elevator Co.'s elevator at Kelsey, on the C.N.R., 17 miles east of Cantrose.

J. C. Williams, Edmonton, who stabbed a conductor on a C.N.R. train, was sentenced to 5 years in the penitentiary.

Mayor Weaver and Lieut. Drabble, both of Edmonton, are in a London hospital, after being wounded in the trenches.

The wives of Winnipeg soldiers are indignant over the action of Dominion Government in retaining part of pay allowance.

Sir Krier Haggard, the famous novelist, paid a visit to Regina. He is on a tour of the Dominion.

Terry Carroll, of Lethbridge, is dead as the result of striking his head on the pavement when thrown from the Dallas Hotel, by an Austrian porter.

Nevilina St. Laurent, Winnipeg, was accidentally shot by her sweetheart, Herbert Manning. He was showing her a revolver at the time.

Calgary is proud of a talented son, R. H. MacLachlan, who made a clean sweep of all the prizes in the third year medicine class of McGill University.

The body of Miss Mabel Booth, Brandon, has been found in the Assiniboine river, two miles from the spot where her father's body was found 24 hours previously.

George L. Roberts, of Winnipeg, claims to have discovered that creosote oil can be used in an ordinary automobile with 50 per cent. greater efficiency than gasoline.

Harvey M. Elliott, physician, at Swallow, Alta., is being sued by Walter Parge for \$9,000, alleging that his son was subjected to unnecessary pain through ineffective methods.

Dr. A. O. MacRae, when speaking to the Women's Canadian Club of Calgary recently, said that Calgary women were indifferent to the war, their extravagant clothing being but one evidence.

Hudson's Bay Co. refused to close liquor store in Manitoba. The Government has accepted the challenge. The company will set up test case involving the question of their privileges to trade without interference since the year 1870.

RECORD WORK IN SHIPYARDS.

One Has Launched a War Craft a Month Since War Began.

In the shipyards of Great Britain, where fleets are born, there has been tremendous activity since the commencement of the war, and the effort to provide the navy with all it requires has been stupendous.

James Bone gives a picturesque account of the wonderful work that has been accomplished.

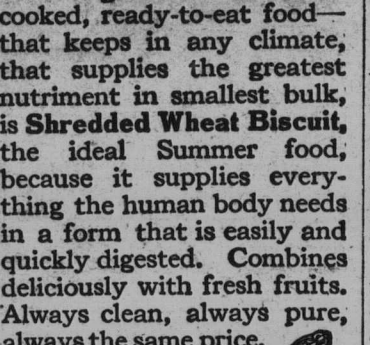
"When we speak of German's industrial inventiveness and resource," he says, "we are apt to forget that she neither discovered the application of steam as a motive force nor did she invent any of the great devices by which nations have been brought closer and time and space have been telegraphed. The German navy exists only as the result of British inventions."

"Now, in the great world-struggle, all our shipbuilding resources of peace have been tremendously expanded. One yard alone has launched a battleship, cruiser, torpedo boat destroyer, or submarine every month since the war began. One famous marine engine shop has produced 1,000 horsepower of machinery every day since the beginning of last year."

"Wonderful engine shops, up to a thousand yards in length, of cathedral height and spaciousness, splendidly lit, with railways linking up every part of the organization, have sprung up in many parts."

It's easier for trouble to find your address than it is for good luck. "Did you ever see anything or that investment worth anything?" "What interest on it?" "What had been."

For Summer Camp or Bungalow—ready-cooked, ready-to-eat food—that keeps in any climate, that supplies the greatest nutriment in smallest bulk, is Shredded Wheat Biscuit, because it supplies everything the human body needs in a form that is easily and quickly digested. Combines deliciously with fresh fruits. Always clean, always pure, always the same price.



Made in Canada

From the Ocean Shore

BITS OF NEWS FROM THE MARITIME PROVINCES.

Items of Interest From Places Lapped By Waves of the Atlantic.

A census of school children is planned for Fredericton, N.B. The next convention of fire chiefs is to be held at Truro, N.S. Fredericton soldiers have been quarantined on account of measles.

Mrs. Hayes, widow of James Hayes, Dorchester, was found dead in bed. A dog saved the life of a little St. John girl when she fell off a small boat.

Henry Whittle, a young Englishman, of Sydney Mines, committed suicide; cause unknown.

After twenty years' service as yardmaster of the I.C.R. at St. John, N.B., T. L. Irvine retired.

Conductor James M. Lewis, of the C.P.R., died at Fredericton, N.B., as a result of blood poisoning.

Fred. Woodard, a South African veteran, fell and broke his leg in the Saint Andrew's, N.B., soap factory.

Joseph O. Gallant, editor of the Acadian Evangelist, died in Moncton, N.B., last week after a long illness.

Frank La Montague, watchman of the Quebec Bridge Works, was killed by a huge piece of steel falling on his head.

Mrs. Julia Angers, Quebec, dropped dead just after church service. This is the fourth tragic death in the Angers family.

The schooner Nellie Dickson, under Capt. Cook, arrived at Beaver Harbor from the Magdalen Islands with 1,000 barrels of herring.

Timothy Sullivan, sr., of Ormococt, N.B., died last week at the age of 103. He was born in Cork, Ireland, and came to N.B. in 1845.

A. L. Kerr, manager of the Bank of Nova Scotia at Sydney Mines, was presented with a chest of silver last week, as he has been transferred to Newcastle, N.B.

Mrs. H. Larose and her daughter-in-law, of Lorette, Que., were terribly burned, the result of the explosion of a petrol ironing stove.

Mr. W. H. Irving, of Moncton, and four bandmen were seriously injured when their recruiting car went over the bank near Riverside.

Mrs. N. H. Otty, of St. John, N.B., has received from her son, Sergt. Allen Otty, Walmer Hospital, a very interesting souvenir in the shape of a buoy from a net used by the British so cleverly in capturing enemy submarines.

Sometimes a man does a sensible thing by mistake.

BRIGGS' FLY MATS

ARE CLEAN NO STICKINESS ALL DEALERS G.C. Briggs & Sons HAMILTON PRICE 5¢

FORD OWNERS

Save a year protects your new Ford Touring Car from loss by fire to the extent of \$500, including loss from explosion and self-ignition.

Covers fire loss while car is in any building—or on the road—lower rates and more liberal terms than any other policy you can procure.

Write for rates on Ford cars up to three years old. Similar rates and conditions are granted to owners of Chevrolet cars.

LONDON MUTUAL FIRE INSURANCE COMPANY

F. D. WILLIAMS, MANAGING DIRECTOR HEAD OFFICE—33 SCOTT ST. TORONTO.

CANCER DUE TO MEAT.

London Physician Advises Fruit Diet to Kill Disease.

"Every death from cancer is a death from suicide, because cancer is a self-imposed disease due to a persistent defiance of dietetic and hygienic laws," is the opinion of Dr. Robert Bell, president of the British Medical Association for the Reduction and Prevention of Cancer.

After a close study of the disease for nearly forty years, Dr. Bell is convinced that cancer is curable without operation.

"I have not operated upon a cancer patient since 1894," he stated, "and since that time have had some remarkable cures."

Dr. Bell maintains that the alarming growth of the disease has corresponded with the great increase in the consumption of meat, and that a fruitarian diet will maintain the purity of the blood and blood cells and make it impossible for cancer to develop.

HEALTHY BABIES SLEEP WELL AT NIGHT

A well child sleeps well and during its waking hours is never cross, but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children don't sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. Concerning the Tablets Mrs. Chas. Diotte, North Westamensing, Que., writes:—"My baby was greatly troubled with constipation and cried night and day. I began giving her Baby's Own Tablets and now she is fat and healthy and sleeps well at night." The Tablets are sold by medicine dealers or by mail at 25 cents a box, from The Dr. Williams Medicine Co., Brockville, Ont.

No Drill Needed. Dentist—Excuse me a moment please. Patient—Where are you going? Dentist—Before beginning work on you I must have my drill. Patient—Great Scott, man, can't you pull a tooth without a rehearsal?

Minard's Liniment Lumberman's Friend Ideal Combination Miss Gotrox—"One can be very happy in this world with health and money."

Dedbrooke—"Then let's be made one. I have the health and you have the money."

Minard's Liniment Co., Limited. Gents—I cured a valuable hunting dog of mange with MINARD'S LINIMENT, after several veterinaries had treated him without doing him any permanent good.

Yours, &c., WILFRID GAGNE. Prop. of Grand Central Hotel Drummondville, Aug. 3, '04

Deceiving Them. A submarine commander has but one means of judging the speed of the vessel to be attacked—by noting the size of the bow wave thrown up by the intended victim. The correctness of the estimate means either a hit or a miss. To deceive the submarine in this manner British ship owners have devised the clever ruse of painting a huge bow wave on the sides of a ship, rendering it extremely difficult for the underwater craft to judge the speed accurately.

Minard's Liniment Used by Physicians. Quick Aid Needed. Beggar—Stranger, I have a sick wife; could you help me out? Passer-by—I can give you a job next week. Beggar—Too late! She'll be able to go to work herself by then!

Handsome Prizes Will Be Given. The Management of the Toronto Fat Stock Show announce their intention of holding a show at the Union Stock Yards, Toronto, December 8th and 9th, 1916. We understand the prize list will contain many new classes, and offer handsome prizes to breeders and feeders of cattle, sheep and hogs.

A New Steam Philosophy. "Papa," said the hopeful youth, "can you tell me what is natural philosophy?" "Of course I can," said papa, proud and relieved to find that there was at last something he could tell his offspring. "Natural philosophy is the science of cause and reason. Now, for instance, you see the steam coming out of the spout of the kettle, but you don't know why or for what reason it does so, and—" "Oh, but I do, papa," chirped the hope of the household. "The reason the steam comes out of the kettle is so that mamma may open your letters without your knowing it."

Distance and Enchantment. Willie—"Ma, may I have Tommy Wilson over to our house to play, Saturday?" Mother—"No; you make altogether too much noise. You'd better go over to his house and play."

EXHIBIT OF WOOL.

Canadian National Exhibition Will Feature It.

Through the wool display of the Dominion Live Stock Branch, Ottawa, which will be presented at the Canadian National Exhibition, farmers will be given a splendid opportunity for obtaining a thorough knowledge of the sheep and wool industry of Canada.

The exhibit has been prepared by T. Reg. Arkell, chief of the Sheep and Goat Division of the Branch, who will be in charge with Mr. James A. Telfer as demonstrator. The object of the exhibit will be to explain the various classifications and grades, and to show how wool may be handled in such a way as to secure the best advantages to both the producer and buyer.

In order to command the highest market prices, wools should be presented in a carefully folded and packed condition and should contain as little foreign matter as possible. Actual demonstrations in grading and sorting will be given daily by wool experts.

One of the most interesting and instructive features will be samples of wool in both the greasy and scoured condition, showing the injurious effects of using insoluble paints, which are difficult to remove, rather than the standard dipping fluids for marking purposes. Samples of wool that have been tied with binder twine will show how the sisal fibre becomes incorporated into the wool with the consequent defect in the finished product.

The injurious effects of shearing wool while damp or permitting it to become damp while in storage, will be shown, together with the damage caused by the incorporation of straw and chaff into the fleece.

1,400 NURSED BY SWISS. French and German Prisoners on Neutral Ground.

The work of bringing back to health and activity the hundreds of sick and wounded war prisoners who are not so hopelessly wounded as to be eligible for repatriation is described in despatches from Switzerland.

It is in this healthy country, among the kindly people of the various health resorts, that many of these prisoners who have been transferred from the crowded prisons of Germany and France are being nursed back to health.

They are still prisoners, of course, and will remain so until the end of the war, but their chances for recovery in Switzerland are far greater than in the necessarily uncomfortable quarters in France and Germany.

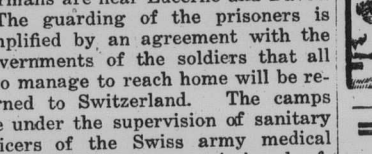
The arrangements for the sending of wounded prisoners of war to Switzerland were originally made between Germany and France and Germany and Belgium, but negotiations for a similar agreement between England and Germany have been nearly completed. About 1,400 sick and wounded prisoners have already been sent to the health resorts of Switzerland, 500 Germans and 900 French. The French contingent, which includes 100 officers, has been quartered at Montana, Montreux, Interlaken, Wilderswill, Meiringen and Brienz, and the Germans are near Lucerne and Davos.

The guarding of the prisoners is simplified by an agreement with the Governments of the soldiers that all who manage to reach home will be returned to Switzerland. The camps are under the supervision of sanitary officers of the Swiss army medical department. Non-commissioned officers chosen from among the prisoners are entrusted with the maintenance of discipline among the men. It is probable that, so successful has been the experiment, the number of prisoners in Switzerland will be greatly increased.

The sick and wounded men are selected at the various prison camps in Germany and France as cases sufficiently serious for transportation to Switzerland by medical commissions composed of two Swiss medical officers and a physician of the country in which the soldier is held. These commissions, of which there are twenty, move from camp to camp selecting the worst cases. Supervision over their work is exercised by a superior commission of three French and two Swiss physicians at Lyons, or three German and two Swiss at Constantine. The judgment of the inferior commissions is very rarely challenged, however.

Ask for Minard's and take no other. Bombay averages more than seventy-two inches of rain a year and gets most of it within four or five months.

His Daughter—"Papa, did you know mamma long before you married her?" Her Father—"Just between you and me, my dear, I don't know her yet."



THE LATEST PHONOGRAPH.

(Stewart's) \$7.50

This is the most wonderful Phonograph value in Canada. It is neat, compact and finished in beautiful black and nickel, will harmonize with the furnishings of the best homes. Inexpensive, durable and attractive. Just the Phonograph for the rural home. Will play discs 12 inch or smaller. Sent in neat wooden box with 100 records of price. Weighs 15 lbs. packed.

HENDERSON & RICHARDSON, Distributors. Board of Trade Building, Montreal, Que.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

S. Frank Wilson & Sons 73 Adelaide Street West, Toronto.

DODD'S KIDNEY PILLS

CURES ALL KIDNEY DISEASE. RHEUMATISM, BRUISES, DIABETES, BACKACHE, GRAVEL, SAND, STONES, NEURALGIA, MIGRAINE, HEADACHE, BRUISES, DIABETES, BACKACHE, GRAVEL, SAND, STONES, NEURALGIA, MIGRAINE, HEADACHE.

Prepared by Dr. J. C. Dodd, 23 THE PRODUCE MARKET, TORONTO.



ROYAL YEAST

MAKES PERFECT BREAD. Preserve the Equilibrium. Native—There are the Oldboy twins. They are 88 years old. Stranger—"To what do they credit their long lives?" Native—"One 'cause he used ter-backer, and one 'cause he never used it."

Sore Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Stinging, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Freack Druggists or Murine Eye Remedy Co., Chicago.

The hope of somehow getting something which we have not earned, whether in power or privilege or enjoyment, is the chief source of human misery.

Keep Minard's Liniment in the house. The Lady—"Why, that doesn't look like my husband; he never smiles." Artist—"Then let this go as a picture of him before he married."

HELP WANTED. BOX NAILERS, SAWYERS, LABORERS, good wages. Apply or write Firstbrook Bros. Limited, Toronto.

WANTED—MACHINISTS, MOULDERS and Pattern Makers, steady work, state age, experience and wages. Boving Hydraulic & Engineering Co., Limited, Lindsay.

SEED POTATOES. IRISH COBBLERS, Delaware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

HELP WANTED. MEN WANTED FOR ALL BRANCHES of Finishing trade, including Rubbing and Polishing, also Cabinet Makers and Trimmers. Steady work and good wages for competent men. When applying state experience and whether married or single. Apply The Geo. McLagan Furniture Co., Limited, Stratford, Ont.

NEWSPAPERS FOR SALE. PROFIT-MAKING NEWS and JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS. CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. H. W. Medley Co., Limited, Collingwood, Ont.

For Freezing Ice Cream you get best results with CRUSHED ROCK SALT. A more even freeze. Smoother Ice Cream. Takes one-third less salt and keeps Cream hard twice as long. Write for FREE SALT WORKS, 60-62 Jarvis St., Toronto, Ont.

DEAFNESS IS MISERY. Know because I was Deaf and had Head Noises for over 30 years. My invisible Anti-septic Ear Drums restored my hearing and stopped Head Noises, and will do it for you. They are Tiny Megaphones. Cannot be seen when worn. Easy to put in, easy to take out. Are "In-a-See-Com-Com's." Inexpensive. Write for Booklet and my sworn statement of how I recovered my hearing. A. O. LEONARD, Suite 228 150 5th Ave. - - N. Y. City



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This is the most wonderful Phonograph value in Canada. It is neat, compact and finished in beautiful black and nickel, will harmonize with the furnishings of the best homes. Inexpensive, durable and attractive. Just the Phonograph for the rural home. Will play discs 12 inch or smaller. Sent in neat wooden box with 100 records of price. Weighs 15 lbs. packed.

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DE. 2. ISSUE 28-16.

SOLVENE

Is a high grade powdered soap, with just the right percentage of Ammonia added. It contains no adulteration. It is all soap.

AMMONIATED—This particular feature should be carefully considered and taken advantage of, as it gives the soap very much additional cleansing quality, as well as making it meritorious as a disinfectant.

Solvene is used and recommended for washing and scouring of every description—wherever the purest soap can be used.

Only water and this soap is needed.

Especially recommended to be used with washing machines.

For making the very best quality of old fashioned soft soap, one pound of solvене dissolved in a gallon of hot water will yield eleven pounds of the very best quality of soft soap. Less than one cent per pound.

The price is 10 cents per pound; 3 pounds for a quarter.

The Star Grocery.

The Store of Quality.

J. N. Scheffer

Terms—Cash or Produce.

Miss J. J. Allan

EYESIGHT SPECIALIST

—WILL BE AT THE—

Commercial Hotel

MILDMAY

—ON—

FRIDAY, JULY 21st

HOURS: 1 to 7 p. m.

LIVE STOCK MARKETS TORONTO.

Receipts of live stock at the Union Stock Yards yesterday were 196 cars—3162 cattle, 161 calves, 680 hogs, 728 sheep and 680 horses.

The market for heavy steers was very slow at the stock yards yesterday, at prices from 25c to 50c lower than last week. Medium to light butcher cattle cows bulls, milkers and sp ingers, were steady at prices quoted below. Veal calves were steady, while spring lambs were \$2 per cwt. lower. Hogs went down 25c cwt.

Butchers Cattle—Choice heavy steers, \$9.50 to \$9.75; good heavy steers, \$9.20 to \$9.50.

Steers and Heifers—Choice, \$9.20 to \$9.40; good, \$8.75 to \$1; medium \$8.35 to \$8.75; common, \$7.26 to \$8.25.

Cows—Choice, \$7.50 to \$7.85; good, \$7.15 to \$7.40; medium, \$6.25 to \$6.75; common, \$5 to \$6; canners and cutters, \$3.75 to \$4.50.

Bulls—Choice, \$8.25 to \$8.50; good, \$7.25 to \$7.75; medium, \$6.50 to \$7; common, \$5.25 to \$6.

Milkers and Springers—Best, \$70 to \$90; medium, \$60 to \$70.

Stockers, \$6 to \$6.50.

Sheep and Lambs—Spring lambs, choice, 13 to 14c lb.; light, handy sheep 7 to 8c lb.; heavy, fat sheep, 4 to 5c.

Veal Calves, \$10 to 12c lb.

Hogs—E. b., \$10.65; fed and watered \$11.95; weighed off cars, \$11.40.

NEUSTADT.

Miss Beatrice Wait of Harriston returned to her home after spending two weeks holidays here.

Quite a number of people from town attended the Brant missionary meeting on Sunday.

Miss Gertie Weinert of Toronto spent two week's holidays with friends here.

Word has been received from New York that Mr. Johnny Hessel, a former Neustadt boy, has enlisted with the U. S. Volunteers at Buffalo for the Mexican quarrel.

Miss McQueen of Leamington spent several weeks holidays with Mrs. Louis Himmler. Miss McQueen was a former teacher in our school.

Messrs. T. H. Patterson and Harold Ermel left for their respective homes for their vacations, the former to London the latter to Walkerton.

Additional Locals.

Mr. George Illerbrunn of Clinton is visiting at his home near Deemerton.

An American farmer, writing in The Agriculturist, says the cost of filling his 110-ton silo last year was seventy-one cents per ton, and that included putting five men in the silo to tramp.

The labor problem in Lucknow has been a difficult one to solve, and a local livery man has engaged girls to drive commercial travellers over their routes.

Warning is issued by the Dominion Hospital Commission against unauthorized persons collecting money for the alleged assistance of Canadian soldiers blinded in battle.

The labor problem is a very serious one with the farmer just now. A Howick farmer who has been unwell, has a big hay crop ready to cut, and he spent several days last week in search of a man, but could get no help.

There was trouble in the ranks of the 160th Bruce Batt. last week, when orders were issued, asking the soldiers to boycott a vendor of soft drinks and hot dogs. The whole Battalion rose up in their strength and protested. The officers requested that the men spend their money with the Battalion booth. The difficulty was settled by the civilian closing up shop and moving the tent away.

The Berlin Limb Factory cannot, it is said, keep pace with the demand for artificial legs, arms and eyes, owing to the addition to the number of disabled soldiers. This is producing a serious impression in the city, where Von Moltke made his famous speech when the Guards left the city that the war would finish at Paris in a few weeks after its commencement. The output of the factory is to be doubled so as to neutralise the effect of the sight in the streets of limbless men.

...Helwig's Weekly Store News.

Val Laces

Patterns in the utmost variety, edging and insertion for the summer gown and underwear, per yd., 3, 5, 8 and 10c.

Embroidery Flouncing

18 inches wide, delicate embroidery on sheer muslin, suitable for children's frocks, lingerie dresses and fine underwear, per yd. 25, 35, 50c

Swiss Embroidery

18 inches wide, very fine quality of Muslin, for petticoats or corset covers. Per yd. 25, 35, and 50c.

Voile Flouncing

27 inch Voile embroidery flouncing for lingerie dresses waists, etc. A very sheer quality of plain and flake voile and the embroidery is particularly fine and delicate. Per yd., \$1 and \$1.25.

Princess Slips

Made of fine cotton, handsomely trimmed with lace embroidery and ribbon. Price \$1 and \$2.

Dress Linen

The old-fashioned Indian Head Linen that is the best and cheapest fabric for women's skirts, suits, dresses or children's clothes. Per yd., 15 and 25c.

Fine Lawns

Persian Lawns very sheer and dainty, per yd., 25c.
India Lawns medium fine, per yd., 15, 20, 25 and 35c.
Victoria Lawns in course and medium fine weaves, per yd., 12½, 15 and 25c.

HOME JOURNAL PATTERNS
Ask for Fashion Sheet.

LOVELY LACES RIBBONS AND EMBROIDERIES



THE DAINTIES OF LIFE ARE ITS REAL DELIGHT. WHY PERSECUTE YOURSELF DOING SOMETHING YOU DON'T WANT TO DO OR DOING WITHOUT SOMETHING YOU WOULD ENJOY HAVING.

DRESS WELL, LIVE AND BE HAPPY.

YOU WANT SOME "LOVELY LACES, RIBBONS AND EMBROIDERIES."
COME AND "GET" THEM.

Night Gowns

Dozens of exquisitely dainty designs embodied in lace, muslin, lawn and nainsook, trimmed with delicate laces and embroidery. Cut with no scrimping of material, price 1, 1.50, \$2

Muslin Drawers

Neatly trimmed with lace, embroidery and fine tucks, made on full lines with no stinting of material or trimming, price 50c and 75c.

Corset Covers

The styles that appeal to the fastidious woman who is particular about the texture and trimmings of her lingerie. Made of fine nainsook or muslin, trimmed with lace and embroidery, ribbon run. Price 25, 50 and 75c.

Silk Gloves

"Niagara Maid" pure silk gloves, 16 button length, \$1. Short waist length 50c.

Brassiers

Made of strong muslin and richly trimmed with laces or embroidery, a necessity to the perfectly gowned woman, price 50c and 75c.

Corsets

Fresh Corsets are a summer necessity. These are made of a strong, well wearing quality of batiste or cantil. Price 50c up to \$5.00.

Girl's Corset Waists

The growing girl needs to have particular pains taken in the choosing of her corset waist. Our line is absolutely complete, per pr. 50 to 75c.

White Underskirts

Prettily trimmed with lace or embroidery, ribbon run, cut on approved tailored lines. Price \$1 up to \$4.

Hair Ribbons

Soft Satin, all colors, per yd. 15c.

Bring us your Butter, Eggs, Wool, etc.

HELWIG BROS.

GENERAL MERCHANTS,

Alfred Weiler The People's Grocers Ed. Weiler

Heinz's

Pickles

Heinz's

JUST ARRIVED—A fresh stock of Heinz's Goods, Spagetti, Catsup, Sweet Pickles, Olive Oil, Tomato Soup, Chow Chow, Pickled Onions, Cherkins, Pork and Beans, Meat Sauce, Sour Spiced Pickles, Olives.

Men's Furnishing Dept.

Dress Shirts, Collars, Ties, Braces, Arm Bands, Cuff Links, Collar Buttons, Socks, Tie Clips, Tie Pins, Overalls, Smocks, Everyday Shirts and Socks, etc.

Flour

Cargill's

Feed

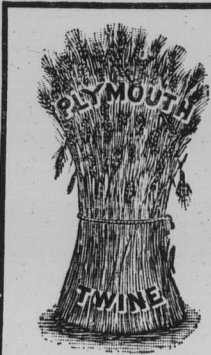
White Rose and Peerless

Bran, Shorts, Low Grade.

—Terms—
Cash or Produce

Weiler Bros., Prop.

Gold Medal
650 foot
Silver Sheaf
600 foot
Green Sheaf
550 foot
Plymouth
Special 500 foot

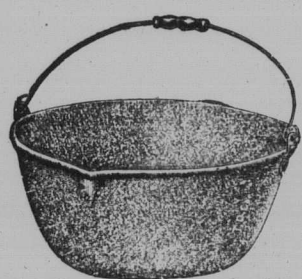


THIS trade-mark on the tag is your assurance that you have received the genuine Plymouth Twine—the kind that's always good.

Pure Paris Green. 1 lb. pkg. 50 cts,
1-2 lb. pkg. 30 cts.

Gold Medal Brand Harvest Tools—

Forks, Rakes, Hoes, Scythes, Swaths, etc—Are the Best on the Market.



Preserving Kettles

We have a big variety of sizes and prices.

ROCK SALT

HANOVER CEMENT

Liesemer & Kalbfleish
THE CORNER HARDWARE.