

THE EQUITY.

No. 17, 36TH YEAR.

SHAWVILLE, PONTIAC COUNTY, QUE., THURSDAY, OCTOBER 18, 1917.

\$1.00 A YEAR IN ADVANCE.

THE BANK OF OTTAWA

ESTABLISHED 1874.

Capital paid up and Rest - \$8,750,000

A decided convenience, in many cases, is a
JOINT ACCOUNT.
in the Savings Bank Department. It may be opened in the names of two or more persons, either of whom may deposit or withdraw money.

FORT COULONGE BRANCH, J. A. McLATCHIE, Manager.
CAMPBELLS BAY BRANCH, R. LEGER, Manager.
PORTAGE DU FORT BRANCH, G. M. COLQUHOUN, Acting Mgr.

Meet your friends at Dover's Oct. 19th. They will all be there.

Milk patrons are kindly requested to return bottles at once when emptied and oblige SAM HODGINS.

You can buy the same from us as from any city dealer, of Eastman's Kodaks and supplies. Amateur finishing a specialty. H. IMISON, Photo Artist.

A party of Ottawa sports spent Thanksgiving Day, gunning and fishing in the neighborhood of the North Branch. On their return to Shawville they were non-communicative as to the success or otherwise of the outing.

Ten carloads of live stock were shipped at this point on Saturday by the several local dealers. A good proportion of this large shipment came from Wm. Moore, Otter Lake, and E. Dahms, Thorne Centre. This stock came in on Friday and the job of herding the animals while the rain ceaselessly poured down was not a pleasant one.

Farewell services will be conducted by the Rev. Charles Reid before leaving for the Rectory of Huntingdon:—

St. James', Leslie, October 21, 10.30 a.m.
St. George's, Thorne Centre, October 21, 3.00 p.m.
St. Stephen's, Greer Mount, October 28, 10.30 a.m.
St. Matthew's, N. Clarendon, October 28, 3.00 p.m.

A reception was held on Tuesday evening last at the home of the groom's parents, Mr. and Mrs. William Hodgins, on the return of Mr. and Mrs. Ellard Hodgins from their wedding tour. A number of the young town-people, and also relatives from Campbells Bay and Wyman, and Portage du Fort friends were present to extend their good wishes to the bride and groom and join in the festivities of the evening which continued till well after midnight. The function was a very enjoyable one.

\$1.25—On behalf of the boys at the front, we desire to thank Mr. J. H. Brownlee for a donation of \$1.25.

ADDS ANOTHER DOLLAR.—Mr. Richard Russett, of Bristol, is doing his full share towards keeping the boys at the front supplied with the fragrant weed. Last week he handed THE EQUITY another dollar to be applied to that purpose.

Medical Board Here

The Medical Board appointed to conduct the examination of men coming under the operation of the Military Service Act, arrived here Monday. The Board consists of three physicians, namely:—

H. McLaren, Capt., C. A. M. C.;
R. Chevrier, Capt., A. M. C.;
F. A. Dumas, Capt., A. M. C.

Supporters of Union Government to Meet in Shawville, October 26.

In view of the acceptance by Mr. G. H. Brabazon, of the position of Superintendent of the Upper Ottawa system of storage dams, it becomes the duty of the Conservative Association to select another candidate to contest the county at the forth coming federal election. But inasmuch as a Union Government has replaced the Conservative administration which has held the reins of power during the past six years, it now seems the proper thing to conform to the changed conditions which this fact implies by choosing a candidate who is prepared to give the new administration a loyal support. THE EQUITY is informed a convention is to be held in this village on Friday next—20th, with the object of giving effect to this idea. After the convention a public meeting will be held to which all electors in sympathy with union government are cordially invited.

Come and see the bargains in clothing at DOVERS, October 19th.

A Box Social will be held at Austin in the Templars' Hall, on Friday, Oct. 19th, under the auspices of the Home Makers' Club. Good program furnished. Fish pond in connection. Admission, adults 25c.; children 15c. Ladies bringing boxes admitted free. Proceeds to relieve debt on Templars' Hall.

PERSONAL MENTION

Mrs. Fraser, mother of Dr. Fraser, is visiting the latter at present, also Miss Young, sister of Mrs. (Dr.) Fraser.

Miss Powles, of Ottawa, was the week-end guest of Dr. and Mrs. Powles.

Mrs. Phillips has returned from visiting her daughter, Mrs. Thomas of Montreal.

Mrs. A. Dover left on Thursday last on a month's visit to Montreal relatives.

Mrs. Thos. Shore and little daughter have been visiting her sister at Manotick, Ont.

Miss K. Wilson, Ottawa, has been the guest of acquaintances in town.

Miss Inez Wilson, daughter of Richard Wilson, of Clarendon, who has been prostrated with a very severe attack of typhoid fever, is now on the road to recovery THE EQUITY is pleased to report.

Attend Dover's Sale Saturday, Oct. 19th and get 125 cents worth for every 100 cents spent.

Children's day at St. Paul's Church next Sunday. Service at 2.30 p. m. All are invited.

The work night meeting of the Shawville H. M. Club will be held on Wednesday evening at the home of Mrs. Jas Hodgins.

An enormous organization is to be created throughout Canada to campaign for \$150,000,000 for the Victory Loan.

The Dominion's revenue for the six months ending with September was \$127,477,004, almost 24 millions more than for the same period last year.

Remember Miss Babb's demonstration in the Masonic hall, Thursday evening of this week at 7.30. Subject:—Wheat-saving and meat-saving. Everyone welcome.

In keeping with the high prices, and general trend skyward of nearly everything one can mention, the C. C. went in for giving the county valuation a decided boost last Wednesday. The figures will be found in the report of the minutes elsewhere in this issue.

A subscriber at Rooney, P. O. Thorne, reports that a very pleasant evening was spent on Oct. 4th, at the home of Mr. T. J. Sparling. The event was honored by a number of the fair sex of the neighborhood, including the Misses Sparling, Miss Acres, Miss Black, Miss B. Lett and Miss V. Rooney.

Dogs are reported to have caused serious damage among the sheep at Elmhurst farm on Sunday night of last week, some 10 or 12 head being worried to death. For two or three preceding Sundays, it seems, dogs have been running deer in the neighborhood—a breach of the game law which, it is alleged, parties living on the Ontario side, have been guilty of. Doubtless the dogs used in this unsportsmanlike pastime, when the deer had been all, or nearly all, disposed of, got after the sheep for lack of their natural quarry, with the result above noted. It seems strange that farmers living in the vicinity, and knowing what has been going on did not advise Game Warden Shea quietly, and have given him a chance to bag the whole bunch.

The Merchants Bank of Canada

Established 1864

OFFICERS:

PRESIDENT Sir H. MONTAGU ALLAN.
VICE-PRESIDENT K. W. BLACKWELL.
MANAGING DIRECTOR E. F. HEDDEN.
GEN. MANAGER D. C. MACAROW.

Paid up Capital \$7,000,000
Reserve Fund and Undivided Profits . . 7,250,984
Total Assets Nov. 30, 16, ... 108,956,996

230 Branches and Agencies in Canada.

How can You Help Win the War?

BY PRODUCING BY NOT WASTING BY SAVING

Any portion of your earnings deposited with us is a start in the right direction.

Sending money to the Boy on leave or convalescing in England. We forward money by cable or draft.

Branches at Shawville and Quyon.

W. F. DRUM Manager, Shawville
A. A. REID Manager, Quyon.

HENRY'S SHORTHAND SCHOOL

Ottawa, Ont.

Our instruction is individual, and the school is open during the entire year; you may therefore start at any time.

Our rates are \$10 per month; do not pay a cent more.

More than 300 students from other local colleges have in the past joined our classes. Names and addresses are available.

Students are assisted to positions.

We are HEADQUARTERS for Shorthand, Typewriting, Penmanship, Spelling, English, Correspondence, etc.

Send for circular.

D. E. HENRY, PRESIDENT.

Cor. Bank and Sparks Sts.

Read Dover's Ad. on back page.

Keep a record of your outings, your children and your stock, by purchasing a kodak. I have a complete stock from \$1.25 up. H. IMISON.

We have on hand a few copies of THE EQUITY containing account of the Fair, and list of prize-winners. Would you like to send a copy to a distant friend?

Births

At Charteris, Oct. 9th, to Mr. and Mrs. Thos. H. Stanley, a daughter.

At Shawville, Oct. 14, to Mr. and Mrs. W. E. N. Hodgins, a son.

At Fillmore, Sask., on Oct. 2nd, to Mr. and Mrs. Jno. G. Elliott, a daughter.

Deaths

LATHAM.—Died at Caldwell, Bristol, on Saturday morning, October 13th, James Latham, aged 79 years. Funeral to St. Paul's Church cemetery on Monday afternoon, 15th inst.

The death occurred at her home, 223 Nepean Street, Ottawa, on Sunday night, the 14th instant, of Mrs. Hugh Hobbs, following an illness which began with a paralytic stroke, which she sustained a couple of months ago, while summing at Norway Bay. The deceased was the eldest daughter of Mr. Wm. Shaw, by whom she is survived, also her husband, one daughter, (Mrs. Jack Foreman); two sons—David and Edgar—the latter with the Canadian forces in France. The funeral takes place from the residence of Mr. Sam Howes, at 2.30 o'clock Wednesday afternoon to St. Paul's church.

Former Shawville Boy Wounded.

Sergt. Jason G. Smart who has been reported wounded in the fighting around Lens on Aug. 18th, is a son of Mr. and Mrs. A. S. Smart, who reside at 11405 102nd avenue. He was 18 years old when he enlisted in the 63rd battalion on Sept. 16th, 1915. After leaving here in April, 1916, he was picked in the first draft for France and joined another battalion June 7th. After putting in nine months in the trenches as a private he was promoted to a corporal, and two months later was promoted to a sergeant. He was through the battles of Ypres, Somme, Vimy Ridge, and was wounded on Aug. 18th, 1917. He has one brother J. E. Smart, who was wounded in the battle of Ypres, and is now a railway mail clerk at Calgary. Thos. A. Smart of the customs, and R. G. Smart of the firm of Smart and Kelley, are brothers.

Sergt. Smart was born in Pontiac county, province of Quebec, came west with his parents in 1907 and since then has been going to high school.—Edmonton Bulletin.

"Canada's Best"

BOWLING Business College
OTTAWA, ONT.

Has proved itself to be Canada's Best Business, Shorthand and Civil Service School by taking the SIX highest places in open competition with all business and shorthand schools in Canada on the Civil Service Examinations of May last.

Write for catalogue and copy of Gowlings Advocate.

W. E. GOWLING, H. G. W. BRAITHWAITE,
President, Principal

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VS.

EXPERIMENT.

Learning office work is like learning any other kind of work or trade or profession.

Machinists are trained by practical machinists, doctors by doctors, dentists by dentists.

The secret of success of the Graduates of Willis College is that they are the only ones trained by expert, experienced office workers for expert office work.

For Stenographer, Secretary or Accountant, we have the best courses available anywhere.

Last year our increase was 45%. This year to date is even better. Still Employers' Demands Exceed the Number of Willis Graduates.

N. I. HARRISON,

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WILLIS COLLEGE OTTAWA, ONT.

1301 Sparks Street, entrance between Ketchum's & Sims.

A position for every Willis Graduate.

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COMPANY, LIMITED

EYES EXAMINED

NO DRUGS USED

QUALITY GLASSES

GROUND AND FITTED

MODERATE COST

552 ST. CATHERINE WEST

UPTOWN 4982 Near Stanley St.

MONTREAL, QUE.

You undoubtedly have a few new pictures you would like framed. Call and see samples. Picture framing a specialty. H. IMISON.

LOST—Wednesday before Exhibition on road between George Judd's and Yarm post office, a gray overcoat. Finder will oblige by leaving at R. McJanet's.

FOR SALE—A pen of thoroughbred Rhode Island Red Poultry, including some prize birds and some dandy young roosters, at a reasonable figure. Write or phone WILLIE REID, Charteris, Que.

FOR SALE—A number of purebred Barred Plymouth Rock cockerels (Guelph Strain) at \$1.50 each. Apply to L. A. Smart, R. R. No. 2, Shawville.

FOR SALE—A few used Fords in guaranteed shape cheap. Reasonable terms. SHAWVILLE MOTORS.

FOR SALE—1 24 h p Gasoline Engine—new; also 1 1 1/2 h p Engine in good shape—very cheap. SHAWVILLE MOTORS.

FOR SALE—Three Chestnut Mares—suitable for driving or general purpose. Price on application to the undersigned. DONALD FRASER,
143 4th Range, Clarendon.

CONCRETE CULVERTS, PIPES AND curbs for wells sold at Works Contracts made with Municipalities to manufacture Pipes in their own localities. H. T. McDOWELL & SON, Shawville Que.

THE HARDWARE STORE

National Carbon Co.

BATTERIES

Best in the World.

All material and workmanship of the highest standard.

Built for permanent satisfaction, not for mere selling.

Columbia Ignitor No. 6 40c.

Fresh Stock just received.

J. H. SHAW.

W. A. HODGINS

SHAWVILLE

BOOTS

We are fortunate in having a good stock of Boots

Men's and Women's
Boys' and Girls'.

These Goods were bought several months ago and easily represent a saving of

\$1.00 a pair on Men's and 50c. on other Boots.

Our Men's Heavy Oil Grain Work Boot at \$4.50 is a bargain.

Woman's Kip Fall Boots at \$2.50

Woman's Calf Boots at \$3.00 are real snaps.

Boys Regular Boots at \$2.50 are nearly a dollar under present market price.

Oil Tan Moccasins,
Light and Heavy Rubbers, etc.

W. A. HODGINS

The AUTOMOBILE

Operation of the Brake.

"Our brake is your best friend in an emergency," says an expert, "but like every other good friend it must be treated right. If working properly, it gives you the greatest sense of security, but if neglected you may pay the penalty with your life."

"There are only two kinds of brakes—internal and external. The internal consists of a heavy ring which expands, gripping the brake drum or stopping its motion. The contact is usually metal to metal, although a brake lining is sometimes used. The internal brake is called the internal expanding or expanding-ring brake."

"The external brake consists of a steel band lined with brake lining, a specially woven fabric of asbestos and brass wire. This is drawn tightly around the brake drum, holding it from the outside. It is called the external contracting or contracting-band brake."

Apply to Controls.

"The names 'service brake' and 'emergency brake' do not apply to the brakes themselves, but to the controls. The pedal usually applies the contracting band brake and is called the service brake, as it is the one ordinarily used in service."

"It is not so powerful as the emergency brake and is better adapted to service, bringing the car gently to rest without throwing the passengers forward or locking the wheels so that the car will slide on one spot on the tire, wearing it away. As implied by the name, the emergency brake is only used in an emergency to stop the car suddenly. It is extremely powerful and may be applied too suddenly, causing the car to skid."

"Another classification of brakes is by location, that is, transmission brakes and wheel brakes. A transmission brake is one that sets around a drum on some part of the transmission, such as the brake on the planetary of the Ford car. It holds the shaft rigidly, but allows the wheels to turn different ways, thus increasing the danger of skidding."

"A serious disadvantage on heavy cars is that the full driving force of a heavy car is applied to the differential, universal joint, drive shaft, and other points, straining them severely. This is not a serious objection on a light car."

Put Brake on Drums.

"The only proper place for a brake to be applied is on drums on the rear wheels. The emergency brake is always applied here. On account of

the fact that it can be set, the emergency brake is used to hold the car when we leave it.

"Brakes should never be applied except when needed. This sounds like a truism, but has more to it than one may think. The operator should allow the car to coast to the place where he wishes to stop, letting it come to rest without applying the brake at all. This saves the brakes, the tires and the mechanism."

"Quite different is the grand stand play of the novice. He dashes wildly up to the place where he wants to stop and jams on both brakes with a flourish while his experienced friend turns away with a pitying smile. Brakes were made for use not abuse."

"It is extremely important to try out the brakes every time the car is taken out. Speed up when you have a clear space ahead of you and then apply the brakes. Do this several times with both foot and emergency brakes. Note whether car stops promptly or not, or if it has a tendency to swing to one side, showing one wheel to be free and the other one dragging."

Test Brakes Often.

"Once a week a thorough test and inspection should be given. Jack up both rear wheels, set the emergency brake up until it binds and try both wheels. The resistance should be uniform. If one side is loose it must be tightened. If the car is equipped with brake equalizers the two sides will hold evenly unless there is grease on the brakes or they are worn unevenly."

"The two sides should be measured and brought to even length. An assistant will be necessary to apply the foot brake while it is being tested, although a jack might be used to hold the pedal in case no assistant is available."

"Brakes may slip because of grease getting on them from the axle housing, wear of the lining so that the rivets are touching drums, stretching of the brake rods, looseness of the parts. These should be gone over and remedied as far as practicable."

"Be extremely careful not to draw up the brakes too tightly. They will bind and prevent the engine from driving the car at proper speed, thus wasting gasoline. At the same time the lining is worn, requiring replacement all the sooner. After adjusting the external brake you should see daylight all around the drum, showing that it is not touching anywhere."

"So give close attention to your brakes, as their failure at a critical time might easily mean death."

SOLDIER'S FIRST AID.

Knowledge of How to Use His First Aid Packet is Invaluable.

An elementary knowledge of first aid is absolutely priceless, says Captain David Fallon, M.C. In my experience it has been the means of saving numerous lives, including my own on many occasions. When a man is dangerously wounded and first aid is applied immediately there is every chance of his life being saved, but if the blood is allowed to escape from the body, and there is no means of stopping it, the body is soon emptied of its priceless fluid, and death follows inevitably. I have known men who have been dangerously wounded and have saved their lives by a slight application of this knowledge of first aid. Each soldier is supplied with a first aid packet and should become familiar with its contents and application. This is one of the priceless gifts to every man.

One should be aware of how easily one's own clothing and accoutrements can be used in the application of first aid. Men lying wounded in No Man's Land, where no assistance can be rendered them, can save their lives by using their puttees as a means of bandage and a bayonet as a tourniquet. In one of my midnight raids I came across a man who had been lying in No Man's Land with a bullet wound through both his thighs, and his life had been saved through his own presence of mind in having applied his field dressing onto the wounds and tied both his legs together with his puttees. On another occasion, when

capturing a Boche trench, I discovered a man who had been lying in a funk hole with both legs smashed, but having applied first aid he had saved his life, though his legs were afterward amputated.

A Book About Bees.

When bees become queenless they have the science to rear a new queen to save the colony from perishing. An ordinary worker-egg that is just hatching into the larva is profusely fed with royal jelly, a strangely prepared food of which no one knows the exact composition. Instead of growing in the ordinary cell, the larva is given one of these great waxen cones for its nursery; and instead of hatching in twenty-one days into a worker bee, it hatches in sixteen into a fully fledged virgin queen. The first preparation for swarming is the starting of a batch of these queen-cells, so that the colony shall not be left queenless when the queen departs with the swarm, and the swarm does not leave till some of the cells are sealed over. Whenever a queen loses her life, or grows so old as to be useless, the same sort of queen-cells are started to replace her. The only exception is when a queen dies in the winter, and there are no eggs from which a new one can be reared; and then, unless man gives help, the colony quickly vanishes. Frank Lillie Pollock tells all about this in "Wilderness Honey," which is just published.

Let the rats and mice do the starving.

ARMY DOCTORS WIN BATTLES

Many of the Diseases Heretofore Most Deadly are Defeated.

Few realize how great a debt of gratitude not only the army but the nation owes to the administration heads of the Royal Army Medical Corps. They have seen clearly and have not stayed their hands. It is common knowledge that typhoid fever has been defeated, tetanus is defeated, bilharzia, that plague of Egypt and the old Pharaohs, is defeated, dysentery is on the way to defeat, the terrible sepsis of wounds has been defeated, only a few enemies remain and the war against them is incessant.

Regarding one of these few, the London Lancet has made the important announcement that an officer of the Army Medical Corps has found a parasite in the blood of men infected by trench fever and working from that has been able to suggest a new line of treatment.

The Lancet emphasizes the importance of the obscure war diseases, of which trench fever is an example. These diseases are widespread and no man can say how long drawn out their after effects may be, but it is now known that such after effects do occur. One of these after effects of trench fever is a common disease from which humanity is always suffering. With the discovery of the germ of trench fever the antidote also was found. It is possible that this discovery may lead to wonderful results; it is being watched with eager interest by medical men.

The King of Spain's Waistcoats.

Affairs in Spain have brought King Alfonso lately into considerable prominence. He is better liked in England than any other European monarch, and is reputedly the best-dressed king in Europe. But once he received a gentle hint on the art of attiring himself from the late King Edward that he never forgot.

The young king brought with him to Buckingham Palace a varied selection of fancy waistcoats of the loudest design. He wore one of these garments when he went to have a cup of tea in King Edward's smoking-room shortly after he arrived at the Palace. The late King, in the most tactful manner, pointed out to the young monarch that in England waistcoats of so remarkable a pattern were not worn. King Alfonso thanked King Edward for this hint, and subsequently gave away his whole stock of fancy waistcoats to his valet. "The waistcoat the King saw," he confessed subsequently, "was the quietest one of the lot."

Lucid Testimony.

"And after the choking—" prompted the lawyer, who represented the plaintiff in a recent trial for assault. "Oh, there wasn't any choking that I saw," said the witness.

"No choking? But didn't you tell the officer that the accused sprang upon his victim from behind and seized him by the throat?"

"Yes, sir, surely. But there wasn't any choking. He just squeezed him till he couldn't breathe."

"Well, wasn't that choking, I'd like to know?" If the court was not enlightened by such a finely discriminated point, neither was the truth beclouded. But Mr. William J. Burns, the famous detective, declares that it is nearly impossible for the average person to give simple, lucid information to a lawyer or detective. He gives as an example the office boy who was asked, "Did Mr. Jones or his partner usually reach the office first?"

"Well," said the boy eagerly, blushing and stammering with excitement, "Mr. Jones at first was always last, but later he began to get earlier, till at last he was first, although before he had always been behind. He sooo got later again, although of late he has been sooner, and at last he got behind as before. But I guess he'll be getting earlier sooner or later."

Teacher—Who can tell what were the words of the Angels' Song on Christmas morning? Patriotic Pupil—"The Maple Leaf Forever!"

Of all the treasures in Alaska, the seals are probably among the most valuable. Unlike mineral wealth, they need never run out, for, in consequence of their powers of reproduction, they can yield under reasonable control a large and continuous revenue for an indefinite future.

COURAGE OF FRENCH SOLDIERS

THE SOIL OF FRANCE IS NEVER A SOLITUDE, HE SAYS.

Looks Forward to the Release of His Beloved Land From the Grip of the Barbarian.

The following letter from the trenches was written by a French soldier who had been on active service since the war began. In civil life the writer is a simple stone mason:

"I wrote to you only a few days ago, but as I have a free moment I am sending you news again, as it may be some time before I shall have another chance."

"The more we gain upon the enemy and close upon him, the more he attacks us and lays hold upon us, sucking in our battalions like a thousand tentacles of an octopus. Ah! when bit by bit, at the price of fatigue and sacrifices that cannot be told, the soil shall have been retaken by us, wrested by main force by the soles and the nails of the boots of the diggers, all the united forces of the offensive, when the waves of the assault shall be only a meter from the frontier at the border of Belgium, she, too, will be impatient to feel the torrent of her sons sweep over her. Then only shall we celebrate the Feast of the soil, which shall be both her salvation and her purification."

Most Beautiful of Edens.

"However, we must be wise. Let us await whatever fate has in store for us in the decision of our commander, who lays plans, while appearing to be subject to a retreating enemy. We must even distrust ourselves and the snares of our enthusiasm and imagination, and without stifling our joy at yet advance only with dignity upon this suffering soil, which the barbarian, in being forced to renounce, exhausts his rage upon in martyrizing. These mutilations of the last hour make it only dearer to us than ever. It is as though it were beaten like an air at double time by the scourges of the adverse army, or were like an anvil for the perpetually bursting shells, which leave nothing but the surface, the crust, the outer shell of the earth, the kernel of all the germinations shrunken and nude, ravaged, scraped of, tormented, plundered. Even so, it appears to us the most beautiful of Edens."

"All the trenches and their branches cutting into the earth represent to us wide open furrows, ready for future harvests, both material and moral. The earth is the mine; in it are all the veins of countless treasures; it is the tufa, the base, the foundation, the solidity, above all the supreme reality. When one has the soil one has all."

Enemy Has Taken Nothing.

"The German in his haste cries out that he has left a desert. He is mistaken. The soil of France is never a solitude, this least of all! It is peopled by a glorious throng, which our enemy is too gross to see or perceive. It is inhabited by memories, by the shades of the dead, and by the living troops of veterans of the earth, by all who have remained faithful to it, who, in order to go before us, rise up, stumbling from the midst of ruins and debris, they themselves but ruins and debris, fragments of social classes, and remnants of families. In this fecund desert all is ready for a new birth; the children and the grain alike will spring up in strength. At each step the furrows open, yawning and covetous of the deep, distant roots of the race which could not be destroyed. They are forever dried in their profound sleep in the dust of the devastated church—in the evenings they rise like the bronze notes of dream bells. "No. The enemy has destroyed all, but he has taken nothing away. The real desert is there, in the mournful waste of his own heart, from which hope is fled."

"He that turneth from the road to rescue another, turneth toward his goal; he shall arrive in time by the footpath of mercy—God will be his guide."—The Tribe of the Helpers.

St. Helena was discovered by the Portuguese in 1501, and remained unknown to other nations for a period of eighty-seven years. It was first inhabited by the Dutch in 1645.

In Orchard, Field and Garden.

When picking grapes, handle them by the stem and avoid injuring the bloom on the berries. The bloom adds to their looks and selling qualities.

Last call to cut out the old raspberry and blackberry canes! The cuttings should be burned promptly, in order to destroy insect and fungous pests which may be on them.

Currants and gooseberries may be pruned as soon as the leaves fall; or the work may be left until early spring. Cut back one-third of this year's growth, and thin out surplus, diseased or unthrifty shoots. Old bushes may have two-thirds of the present year's growth removed.

The various kinds of small fruits will not cost much to plant and will give an abundance of fruit the season through. Plan for it now; plant next spring.

Of course there is nothing ahead of a mellow apple from the cellar or pit when the snow is banked deep and the fire shines bright, but there are canned apples, dried apples, apple butter, apple sauce, apple preserves and spiced apples for the table, that will last until blossoms come and go, which add graciously to our larder supply; and when the crop is picked is the time to be busy saving this store of good things.

It is not safe to store damp grain or hay unless you have adequate facilities for frequent "turning." Few farmers realize how small a percentage of moisture will cause otherwise good grain or hay to heat and deteriorate.

While it is often preferable to apply lime to a field when preparing the seed-bed, it is better, when badly needed, to spread it during the fall or any time during the winter rather than to neglect it altogether. Ground limestone will not injure either the winter wheat fields or the meadows.

A good hickory-pin saves the thumb nails wonderfully. Make your own pin. Take a piece of hickory about three and a half inches long, cut a fairly deep groove around the middle, sharpen one end, slit a piece of leather from an old bootleg, put it around the middle finger of the right hand to get the length, make a hole at either end, run the sharp end of the pin through these, making a loop for the finger, put it on—and go ahead.

All tomatoes showing color should be picked before frost. Stored in a shed or outbuilding, they will soon ripen. Well-grown green ones can be picked, wrapped in paper and stored in a cool place. When wanted for use they can be ripened by placing them in a warm room. It is true that some of them will be soft, but what of that? They will taste good when frost has laid low all tender things out-of-doors.

There are always some burst heads of cabbage. These should be worked up into kraut, or sold for that purpose. Along toward the middle of the month there should be a good demand for kraut cabbage, and it is a good plan to start in early and get a line on the business. Only the hard, fully-developed heads of cabbage should be cut for sale this month. This will give the soft, immature heads time to gain in weight.

There seems to be a wide-spread impression that celery blanched with earth is crispier and better flavored than that blanched with boards. This may be due to the fact that boards are more generally used for the early crop when the weather is warm, and the quality is then never so good as when it is matured in cool weather. In studying the matter of blanching it is well to remember that a great deal of celery grown in different parts of the country is blanched with boards and sold for fancy prices. The important thing is that the blanching be well done at the least expense.

Promoting the Cat.

As rats did much damage to his papers, a Hindu clerk, who was in charge of the official documents in one of the more remote Indian towns, obtained permission to keep two cats, the larger of which was to receive somewhat better rations than the other. A few weeks later, the head office at Delhi received this dispatch: "I have the honor to inform you that the senior cat is absent without leave. What shall I do?"

To this problem the office vouchsafed no answer. After waiting a few days the Hindu sent off a proposal: "In re absentee cat. I propose to promote the junior cat, and in the meantime to take into government service a probationer cat on full rations."

Food Control Corner

Pointed Paragraph For People Who Want to Win the War.

To-day's motto: "Don't stuff your husband, but husband your stuff."

Starve the garbage can and nourish the nation. Food-control, to be a country-wide success, must be a personal matter with every man, woman and child. Woman's contributions to the cause are numerous. Not one is so important as her assistance in food control.

One fish meal for everybody every day in the week would establish the market and lower the cost of sea and lake foods.

You can prevent waste by keeping track of what you spend.

The housekeeper holds the key to victory. Ounces of food saved in the kitchen swell into thousands of tons when the nation's cooks act in concert.

Eat more fish.

The wasted is as much a slacker as any one can be.

The signed "Food Saving Pledge" is an obligation that no one but yourself can force you to live up to. You are on your honor.

Many millions of Europeans would eagerly accept the substitutes for wheat, bacon and beef that are so plentiful in Canada.

Food-saving and substitution must be persistent and consistent to bring results.

END OF A FAMOUS LINE

Almost a Century Since the Allan Line Had Its Inception

With the complete merger of the Allan Line in the Canadian Pacific company, one of the oldest of house flags disappears from the seas. It was in 1819 that Alexander Allan sent out his first little brig, the Jean, from Greenock to Quebec. Soon after he had five ships in commission, and from that day to this the Allans have played a large part in the development of trade between Great Britain and Canada. Later on they established services to Philadelphia and to Boston, but the line remained essentially Canadian.

Although it was not a direct competitor with such great lines as the Cunard and the White Star—for the former remained out of the Canadian trade for many years and has only recently returned to it—the Allan Line was nevertheless a pioneer in a number of improvements in steamship construction which travelers have long taken as matters of course. Thus the first steel steamship to cross the Atlantic was the Buenos Ayrean, built in 1879, two years before the Cunarder Servia. The Parisian, built in 1881 was the first to have big keels.

The Allan Line left to others, to be sure, the amazing increases in size and speed which have marked the last quarter of a century. It did not join in the race for records which began with the Etruria and Umbria, and which led to the building of the Teutonic and Majestic, the City of New York and the City of Paris (now the New York and Philadelphia), the Deutschland, and finally such monsters as the Lusitania and Mauretania, the Olympic and Vaterland.

But in 1881 the Parisian was the most famous ship of the whole Atlantic fleet for beauty—a fine staunch vessel, still afloat in the service of the British Government. And the later and larger ships—the Virginian was the first steamship in the Atlantic service with turbine engines—were always well equipped and comfortable. These will probably cross the ocean for many years to come under the Canadian Pacific flag. But many will regret that a name with such a record of honorable achievement as Allan is to be only a memory.

A Forbidden Song.

"There is one subject no man mentioned at the front unless it be very casually," says Captain Ralph W. Bell in "Canada in War Paint." "Even then it brings with it a sudden silence. There is so much, so very much, in that little word 'Home.' If a man were to get up at a sing-song and sing 'Home, Sweet Home' his life would be imperiled. His audience would rise and annihilate him, because it could not give vent to its feelings in any other way. There are some things that strike directly at the heart, and this is one of them."

Dragon flies feed on a large variety of injurious insects.

The Doings of the Duffs.



Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect food given to man. In **Shredded Wheat Biscuit** you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits.

Made in Canada.

PATRIOTS ENFORCED.

Women of Russia Exercised Compulsion in Regard to Deserters.

When, during the immense and bewildering confusion of the Russian revolution, many hundred soldiers deserted, not from disloyalty, but merely because they wished to go home and see their families, they did not always meet the reception they expected. The women were no less weary of the war than they; but they had sometimes a clearer idea of the necessity of continuing it, czar or no czar, than had their men. There were fairly numerous instances when the men returned to duty in abashed squads under the escort of an Amazonian guard of village maids and matrons; occasionally a lone husband would be marched back under the sole but sufficient compulsion of a resolute wife.

The influence of women has always been important in holding the soldiers of a nation to their duty, or discouraging them from it. Usually it has remained influence merely, and has not become compulsion. Sometimes it has been exerted in a manner halfway between the two.

In the days of the American Revolution there was a patriotic matron of New England whose husband did not volunteer when his neighbors did. He gave his "pindling" health and feeble constitution as an excuse. He was, indeed, a slight and small man, but tough and wiry, and better able to endure the hardships of war than many bigger men, as his spouse well knew. But she did not remonstrate or shame him in the community by expressing her opinion. Instead, she devoted her attention to his diet. If he were not a well man, he ought not to eat like one, she decided; and she reduced his rations to such as befitted an invalid. In vain he protested that he required extra nourishment; the hotter and angrier he got, the more firmly she insisted that he was feverish and choleric, and that a light diet was the thing for him, with nothing solid or heavy or rich. In fact, his diet grew daily lighter and lighter. First, doughnuts disappeared from his breakfasts, then flapjacks and cake from his suppers, finally even meat from his dinners—and at that he gave in and enlisted.

He proved to be a good soldier, who was never sick, and recovered with unusual rapidity from the two honorable wounds that he received. Owing to his littleness and leanness and to a gradual leaking out of the story of how he came to join the army, he bore through his military career and ever afterwards a nickname, which after the first he accepted without resentment, and to which he answered quite as a matter of course. He was known as Starveling Jones.

Waste Would Feed Belgium.

The crops now destroyed in this country by insect and rodent pests would feed the people of Belgium, according to T. Gilbert Pearson, secretary of the Audubon Societies, who talked of the increased need for the preservation of songbirds, with the increased production of food, and of the renowned campaign which has been begun for that purpose.

People eat Grape-Nuts because they like it and they know it's good for them



THE FROST KING.

The Frost King is surely coming. His spies are throughout the land; I can trace their stealthy footprints As I look on every hand.

I saw where they camped in the low-lands This morning the ground was white With the ashes of their campfires Where they gathered through the night.

And everywhere there lingers A smoke-like purple haze That must have come from the embers They left in the woodland ways.

And every tree and thicket Bears a signal torch aglow, Where the vanguard of his army Have blazed the way to go.

The birds are winging southward They love not the Frost King's reign; The wee folk of the forest Are hoarding their nuts and grain.

In garden, wood and meadow, Wherever I may peep, The leaves are falling softly And whispering "Down to sleep."

'Tis wondrously, wondrously lovely This glorified Autumn land But the Frost King is surely coming, I see it on every hand.

Mildred M. North.

WEAK BOYS AND GIRLS

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. Delayed development, pale faces, headaches, palpitation, and a feeling of listlessness, call attention to weak blood in the case of girls. But many boys in their teens grow thin and "weedy" and have pimples on the face, showing that they have not enough blood. The anaemic boy is just as likely to become a victim of consumption as the pale, breathless girl with her headaches and worn-out look. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious.

To prevent serious disaster to those of the rising generation, let both boys and girls be given the new rich blood which Dr. Williams' Pink Pills are famous the world over for making. When giving these pills watch how soon the appetite returns and how the languid girl or the weak boy becomes full of activity and high spirits. Remember that the boy has to develop, too, if he is to make a strong hearty man. Give both the boys and girls a fair chance to develop strongly through the new, rich blood Dr. Williams' Pink Pills actually make. You will then see active boys and girls, instead of weakly children around you.

Dr. Williams' Pink Pills are sold by all medicine dealers or may be obtained by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

TELLS TALE OF TORTURE.

Belgian Girl Says Most Terrible Torture Was Inflicted on Youth.

A young Belgian lady, the daughter of wealthy parents, who for over three years has suffered at the hands of the Germans in Belgium, and who succeeded in escaping into Holland, whence she journeyed to London, has related her experiences to a representative of the Central News.

The girl was arrested as a spy because she had written letters to her sweetheart, who is serving in the army, and sent to prison for three months.

"I had to work from seven o'clock in the morning until nine o'clock at night, and tolerate the most abusive insults," she said. "A very large number of my friends were arrested, including a young man. The Germans did all in their power to induce him to speak, promising him a free pardon if he would implicate others. The man resisted all their persuasive methods, and they inflicted the most terrible torture. Then he was tried and sentenced to death. Belgians sentenced to death have the right to appeal to the Kaiser, and this young man made the appeal.

"We learned later that the reply was: 'If he will speak his life shall be spared; if not, then he must die.' The day before he was taken out to die he was put in a cell decorated with flowers and given the most costly food to eat. Everything was done by the Germans to persuade him to speak at the last moment, even when he was standing before the firing party he was told it was not too late. Although only a mere youth of twenty-one years, that brave fellow died for Belgium without uttering a word which would give the enemy any information."

Experience has shown that for most crops land which is ploughed in the autumn, gives better returns than that which is not ploughed until spring.

Last year a Kansas canning team, consisting of a mother and her daughter, put up 827 quarts of food products. Of these 827 quarts 337 were fruit, 285 vegetables, 4 soup, 31 meat and 173 jelly. The total value of the output was \$274.20, the cost of production \$138.33, making a saving in that family's food bill of \$135.87. This is just a sample of what was done in that one town by the mother-daughter club, consisting of 29 mothers with their daughters.

THE "SHOVEL V. C."

Wounded British Trooper Saved Another Wounded Soldier's Life.

In the charge that the British made on Hill 70 during the Gallipoli campaign Trooper Potts and Private Andrews were wounded and, on account of the deadly fire of the Turks, were obliged to lie in a hollow between the lines away from their comrades for two nights and two days.

When darkness fell on the third night, says the author of *Heroes of the Great War*, the two men determined to make a dash for the British lines, cost what it might. At first Andrews was able to crawl with the help of Potts but soon was forced to give in. As Potts crouched beside his companion, wondering how he could carry him, he had an inspiration. He had seen near by a number of discarded shovels, and he now crawled over and got one of them.

In a few minutes he was gently placing the wounded man on it. Andrews sat with his back to Potts and, with his hands over his shoulders, grasped Potts' hands. Although he was becoming weaker every minute, Potts braced himself for the heavy and dangerous task before him. Fixing the shovel to his equipment, he started, carefully and slowly, to drag his human freight down the hill. The journey was risky as well as tedious, for there was the ever-present possibility that they would be seen or heard by the cunning Turkish snipers, who were always active by night.

One of Andrew's legs was useless, and that added to the difficulty of getting him down the hill. As they progressed painfully the Turks fired at them; but in spite of the need for haste Potts had to stop about every six yards and lie down, owing to his weakened condition.

At last Potts reached the foot of the hill and gained the shelter of a wood. Here he rested for a few minutes, then went forward to look for a path through the wood, leaving his companion seated on the shovel. He had not proceeded more than twenty yards when suddenly he received a sharp command to halt. He had struck the British lines and found himself facing a bayonet. A hurried explanation saved his life. The first man to grasp him by the hand was Sergt.-Maj. Stubbing, Sixth Royal Inniskillen Fusiliers, who was on night duty. It was he who reported Potts' heroism to the captain, and the captain, in turn, laid the case before the authorities.

Meanwhile, the sentry had gone to the trench and brought back several men. They carried a blanket, and accompanied Potts to the place where he had left Andrews. Potts had started his journey about six in the evening, and it was now half-past nine.

Both the wounded men were speedily conveyed to a field-ambulance dressing station, where their wounds were tended. Potts was invalided home at once, and while en route to England received the news that he had been awarded the great prize so dear to every British soldier. He had regarded his thrilling exploit as an ordinary incident, and was startled when he learned how highly it was esteemed.

"You could have knocked me down with a feather," said the "Shovel V.C.," "for I never thought I had done anything wonderful."

THE MOST VALUABLE BOOK

Oldest and Best Manuscript of the Whole Bible in Latin

In the Mediceo Laurentian Museum in Florence is a volume known as the Codex Amiatinus, which is said to be the most valuable book in the world. We learn that the Codex Amiatinus is the oldest and best manuscript of the whole Bible in Latin, copied from the original Hebrew and Greek.

To see the book one must be furnished with a special permit from the highest minister of state in Italy, and it is then produced with great ceremony.

The origin of this rare book has been known only about thirty years. It was in the possession of the convent of Monte Amiati for many years, whence it derived its name, but how or when it came there is still a mystery. There is nothing in the contents of the book to indicate its origin; on the back of the first leaf, however, there is a verse in Latin which suggests that it was the gift of one Peter.

Professor Hort, Latin and Greek scholar, discovered about thirty years ago that several words in this verse showed signs of erasure, and had evidently been substituted for others. Both the sense and the meter were altered by this erasure. Professor Hort and other scholars have conjectured that this might be the copy of the new translation, which the Venerable Bede speaks of as having been taken to Rome by Ceolfrid on his memorable journey.

For 1,200 years the origin of this volume has remained obscure, but now there is but little doubt that the Codex Amiatinus is one of the three Pandects that Ceolfrid caused to be written in these ancient monasteries of England.

The sultry summer past, September comes, Soft twilight of the slow declining year, More sober than the buxom, blooming May, And therefore less the favorite of the world; But dearest month of all to pensive minrs.

—Charles Wilcox.

Minard's Liniment for sale everywhere.

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are a perfect medicine for little ones. They regulate the bowels, sweeten the stomach, thus drive out constipation, indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. John Babin, Brest, N.B., writes: "I have used Baby's Own Tablets and have found them a perfect medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HIS SMILE.

He wasn't rich as dollars go. He didn't have a pile of dough, He didn't own a motor car, He couldn't often travel far, He couldn't dress in costly style, He just possessed a kindly smile.

He had a happy sort of way, Knew how to work and how to play; And he respected women fair And dealt with men upon the square, And people thought him much worth while Because he had a kindly smile.

You do not need a store of good The love of real friends to hold; Be honest, boy, and kind, and true, And do the work you find to do; Win openly and not by guile, And folks will like you for your smile.

—E. A. Guest, in *Detroit Free Press*.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

Beyond His Means.

Billy had a serious misunderstanding with his elder cousin, Conrad, that he scrupulously concealed from his mother. When he came home from school she said, "Billy, what would you like to give Cousin Conrad for his birthday to-morrow?"

"I know what I'd like to give him," said Billy, vengefully, "but I'm not big enough!"

MURINE Granulated Eyelids, Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your eyes and in Baby's Eyes. **YOUR EYES** No Smearing, Just Eye Comfort. **Murine Eye Remedy** At Your Druggist's or by Mail, 50¢ per bottle. **Murine Eye Salve**, in Tubes 50¢. For Book of the Eye—Free. Ask **Murine Eye Remedy Co., Chicago**

Grain Yields of the Prairie Provinces.

The estimated total production of wheat in the three Prairie Provinces (Manitoba, Saskatchewan and Alberta) is 225,778,700 bushels from 13,649,370 acres, as compared with 208,846,000 bushels from 12,441,350 acres in 1916. In Manitoba the total yield of wheat for 1917 is 41,642,200 bushels, as compared with 27,943,000 bushels in 1916; in Saskatchewan 130,356,000 bushels as against 131,765,000 bushels, and in Alberta 53,780,500 bushels against 49,138,000 bushels. Oats yield 224,199,000 bushels in the three prairie provinces as compared with 269,258,000 bushels in 1916; barley, 43,168,400 bushels against 33,296,000 bushels; rye, 2,498,850 bushels, against 1,636,000 bushels and flaxseed 9,951,500 bushels as against 7,269,000 bushels.

Minard's Liniment Relieves Neuralgia.

The readjustment of international boundary lines after the war will not be the only great problem facing the nations. The readjustment of wages and of prices generally will be necessary, and to readjust wages, and at the same time preserve their relative buying power, will call for the best efforts of the best men to be found.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers —It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.

For little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug does the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.

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FORBID WOMEN TO TALK

Brides on Greek Island of Fano Await Husbands' Return From America

The little Greek island of Fano, near Corfu, has become known to the Entente fleets and armies as a place where women are forbidden to talk. The island has normally a population of 1824 persons, but most of the men are in the United States, where they work as waiters.

The custom of the island for many years has been for the young men to marry the girls they love best and then after a brief honeymoon, go to America to make their fortunes, returning in a few years to their brides. During this period of the absence of the husband, it has become a custom for their wives, women traditional for their beauty, never to talk to men. It is the business of the older women to watch over the young wives, and when strange men approach, as had happened frequently since the war, they are met with a shower of stones.

Minard's Liniment Cures Dandruff.

The red coral, which is used in jewelry, and which is known as precious coral, is mostly obtained in the Mediterranean, the Barbary coast furnishing the dark red, Sardinia the yellow or salmon color, and the coast of Italy the rose pink. It is also found in the Red Sea.

MONEY ORDERS

Remit by Dominion Express Money Order. If lost or stolen, you get your money back.

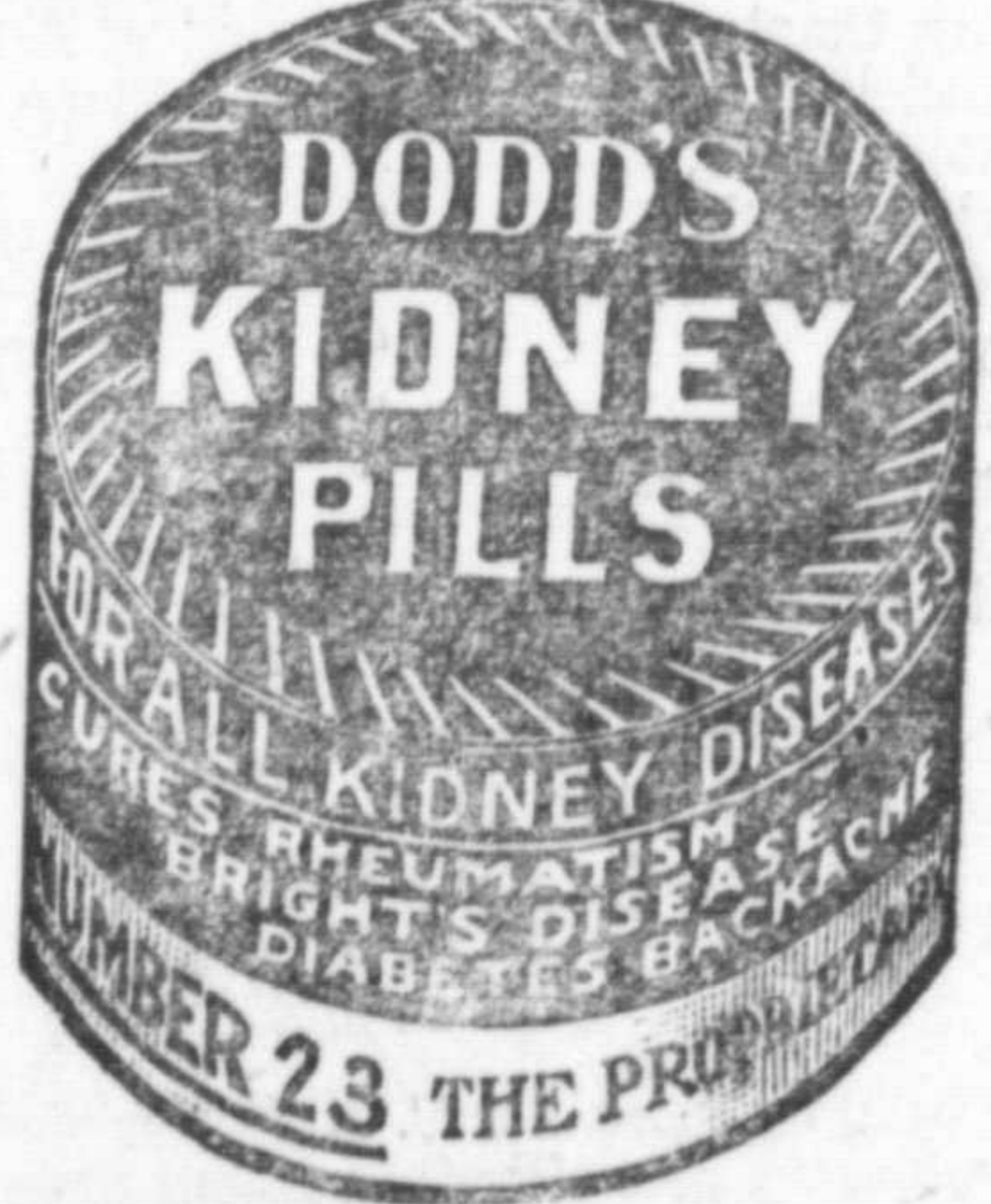
Somebody has said, "Praise is good for the bones." Try a little of it on the young folks and also on the hired man. It will not spoil them.

Minard's Liniment Cures Burns, Etc.

A properly installed lightning rod system rarely fails to protect the property rodded.

IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, distended feeling, it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed in many hospitals and advised by many eminent physicians of taking a teaspoonful of pure bisulphated of magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisulphated magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. This simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travellers who are frequently obliged to take hasty meals poorly prepared, should always take two or three five-grain tablets of Bisulphated Magnesia after meals to prevent fermentation and neutralize the acid in their stomach.



WOMEN! MOTHERS! DAUGHTERS!

You who tire easily; are pale, harassed and worn; nervous or irritable; who are subject to fits of melancholy or the "blues"; get your blood examined for iron deficiency.

WATER taken three times a day after meals will increase your strength and endurance 100 per cent in two weeks. In many cases.—Ferdinand King.

Machinery For Sale

- 1 WHEELOCK ENGINE, 18x42. New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept \$1,200 cash for immediate sale.
- 1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C. Will accept \$425 cash for immediate sale.
- 1 LARGE LEATHER BELT. Double, Endless. 24 inch x 70 ft. Will accept \$300 for immediate sale, although belt is in excellent condition and new one would cost about \$600.
- PULLEYS, Large size. 26x66—\$80; 12x60—\$20; 12½x48—\$12; 12x36—\$8.
- 2 BLOWERS OR FANS, Buffalo make. One 10 inch, other 14 inch discharge—\$30 each.

REAL ESTATES CORPORATION, LTD.

60 Front St. West, Toronto

ROYAL YEAST CAKES

The best yeast in the world. Makes perfect bread.

MADE IN CANADA

EW. GILLET COMPANY LIMITED
TORONTO, ONT.
WINNIPEG MONTREAL

To fill cracks in plaster use vinegar instead of water to mix your plaster of paris. The resultant mass will be like putty and will not "set" for twenty or thirty minutes. Push it into the cracks and smooth it off nicely with a table knife.

FURS

BUY FURS AT WHOLESALE PRICES. Persian Lamb, Mink, Alaska Sable. Also Men's Furs. Satisfaction by mail guaranteed. Send for illustrated catalog. McComber's Limited, Manufacturers, 420 D St. Paul West, Montreal.

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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 Adelaide St. Toronto.

MISCELLANEOUS

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

The Mother's Duty



Your good looks may be your fortune. Who knows? Then why not keep your complexion fresh and clear, your hands soft and white, your hair rich and glossy. Cuticura will help you. Used every day for all toilet purposes, Cuticura Soap clears the pores of impurities, while little touches of Cuticura Ointment prevent little skin troubles becoming serious. Absolutely nothing better or purer.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

WOMAN NOW IN PERFECT HEALTH

What Came From Reading a Pinkham Advertisement.

Paterson, N. J.—"I thank you for the Lydia E. Pinkham remedies as they have made me well and healthy. Some time ago I felt so run down, had pains in my back and side, was very irregular, tired, nervous, had such bad dreams, did not feel like eating and had short breath. I read your advertisement in the newspapers and decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman. I advise every woman, single or married, who is troubled with any of the above-said ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles as they did me."

—Mrs. ELISIE J. VAN DER SANDE, 36 No. York St., Paterson, N. J.

Write the Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass, if you need special advice.



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A Weekly Journal devoted to Local Interests.
Published every Thursday
At Shawville, County Pontiac, Que.
Subscription, \$1 A Year in Advance.
All arrears must be paid up before
any paper is discontinued.

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Legal advertising, 10 cents per line for
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subsequent insertion.
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Will attend Courts and Business in the
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ALL KINDS OF
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All calls will receive prompt per-
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PROMPTLY SECURED
In all countries. Ask for our INVEN-
TOR'S ADVISER, which will be sent free.
MARION & MARION.
364 University St., Montreal.

Those Gifts for the Boys at the Front.

How about that Christmas Gift for a
Soldier Relative Overseas?

Perhaps you feel there is ample time.
That impression is wrong. Owing to the
tremendous increase in the number of sol-
diers overseas, there is bound to be longer
delays. With so many decidedly useful
articles to choose from, there should be
little difficulty in selecting a suitable gift:

Tobacco	Pipes	Playing Cards
Cigarette Cases	Candy	Dates
Shaving Outfit	Razors	Mirrors
Pocket Knives	Underwear	Sweaters
Socks	Gloves	Handkerchiefs
Writing Paper	Tooth Paste	Tooth Brushes

Bring the address and we will
pack and tie the parcel for you.

Make it Christmas as usual in
the trenches.

G. F. HODGINS CO. L'TD.

RUNNING AND BREATHING.

Why the Exertion Makes the Lungs
Gasp For More Air.

It is hard to breathe after running
awhile, because your body requires
more blood in circulation. The efforts
of your heart, brain and lungs make
breathing difficult. We breathe to take
air into the lungs, where the blood
which has once been through the ar-
teries and comes back on its return
trip to the heart is exposed to the air
in the lungs before going back into the
heart. The air which we take into our
lungs purifies the once used blood and
makes it into good blood again.

When you run the heart pumps blood
into your arteries faster to enable you
to run, we are told by the Book of
Wonders. Thus also the arteries send
much more blood back to the heart
through the veins, and this must be
purified by the lungs before going back
into the heart. To attend to purify-
ing this extra amount of spoiled blood
the lungs need more air, and thus you
are made to breathe in more air for
the purpose.

Unless you are in good training—
your wind in good condition, as we
say—it is almost impossible for you to
supply the lungs with enough air for
the purpose, but whether you can do
it or not the lungs call upon you for
more air and cause you to try to get it,
and that is what makes you get out of
breath.

SINGING IN ENGLISH.

The Difficulty of Sounding Certain
Words on High Notes.

English as is commonly sung has
become so hard to understand that
musical authorities are earnestly seek-
ing a remedy. And the composer is
principally to blame, says Francis
Foye, writing in the London Nation.
"That there are difficulties in sing-
ing certain English syllables on cer-
tain notes may be admitted," says Mr.
Foye. "English, unlike German and
Italian, is not predominantly a lan-
guage of broad vowel sounds. It is
awkward, for instance, to sing 'fix' or
'her' or 'sun' with a loud, sustained
tone on a high note. But if compos-
ers knew their business they would
not save in any exceptional circum-
stances, ask the singer to do anything
of the kind.

"Half the imaginary difficulties of
singing English arise from the incom-
petence of many composers in setting
it to music. They seem neither to
think in terms of singing nor to study
the natural rhythm of the language.
When they do the 'problems' of sing-
ing in English vanish like the mist be-
fore the sun."

Pugnacious Earwigs.

Earwigs are quarrelsome creatures
and are always ready to use their nip-
pered tails against each other on the
slightest provocation. When the light

of a lamp falls upon them congregated
at this sugar some are more scared
than the others and scuttle away.
When each earwig which they nearly
touch in flight will savagely swing
back its tail and nip in the air with
fury. Sometimes the blow falls upon a
neighbor, which instantly retaliates,
and half a dozen furious nips are rap-
idly interchanged. But fighting weight
quickly settles the quarrel, the smaller
earwig scuttling off and the larger pur-
suing him for several inches, running
backward and reaching savagely to
fight and left with his nippers. Yet
these same earwigs, so vindictive at
meals, will be crammed, all sizes to-
gether, into any hole or crack by day—
London Globe.

A Real Experience.

"Yes," said a travelling man, "I was
once out of sight of land on the Atlan-
tic ocean twenty-one days."

Another man spoke up: "On the Pa-
cific ocean one time I didn't see land
for twenty-nine days."

A bald man knocked the ashes from
his cigar and contributed his bit:

"I started across the Kaw river at
Tokopa in a skiff once," he said, "and
was out of sight of land before I
reached the other side."

"What?" demanded the man who
had spun the first yarn. "The Kaw is
not more than 300 feet wide at To-
peka."

"Quite true," said the bald man
quietly. "The skiff turned over, and I
sank twice."

Women and the Styles.

"This article says," remarked Mrs.
McWinkle, "that osteopathy has been
the cause of the dissemination of a
much wider knowledge of human
anatomy than ever existed before the
development of that branch of sci-
ence."

"I am aware," replied Mr. McWinkle,
who is an observant man, "that knowl-
edge of human anatomy, particularly
of female anatomy, is much more gen-
eral than it was a few decades ago,
but I had supposed that the modistes
and not the osteopaths were respon-
sible."

Object Unobjected To.

Doctor—You are now convalescent,
and all you need is exercise. You
should walk ten or twenty miles a day,
sir, but your walking should have an
object. Patient—All right, doctor; I'll
travel around trying to borrow enough
to pay your bill.

It All Depends.

"Dad, what's a man who runs an
auto called?"
"It depends on whether he is being
called by his employer or by the man
he has just missed."

Some Nerve.

Bessie—Nerve? Why, say, I've seen
him joke with a waiter that he hadn't
dipped!

Honey Crop Less This Year.

Last year the bees of Ontario ap-
parently had a banner year, but it
cannot be said of them this year. Ac-
cording to the Department of Agri-
culture the honey crop will be from
one-third to one-half of what it was
last year, though the yield will be
around what it was for the preceding
two or three years.

Last year the honey crop was 90
pounds per colony, while this year
the best that can be expected is 51.6
per colony. In Ontario there are be-
tween 125,000 and 150,000 colonies
of bees producing honey, or in other
words the honey crop this year will
be between 6,375,000 and 7,850,000
pounds.

The reason given for the drop over
last year's yield is that the season
was wet during clover time, and the
backwardness of the season gener-
ally. The western section of Ontario
is more affected than the eastern
portion. One apiarist, about 30
miles from Toronto, who had 22,000
pounds of honey last year, has only
1,000 this year.

The Ontario Beekeepers' Associa-
tion report from 500 members bears
out the statement from the Depart-
ment of Agriculture. The associa-
tion reports that the market has been
bare of honey, and owing to the in-
crease in the necessities of life, it is
expected the price of honey will be
increased slightly.

The prices recommended are: Best
quality light extracted, wholesale, 14
to 16 cents a pound; retail, 17 1/2
to 20 cents a pound; best quality comb,
wholesale, \$3.25 a dozen; No. 2
comb, wholesale, \$2 to \$2.50 a dozen.
These prices are being paid at the
present time in Ontario and in the
United States, where prices have ad-
vanced, the surplus honey from the
western States going direct to Eu-
rope for the use of the armies of the
Allies.

A "Thrift" Rhyme.

The National Food Commission of
the United States, like Silas Wegg,
has "dropped into poetry," to express
its sense of the need for the preser-
vation of food, and its effort has pro-
duced the following:

From our constant daily reading
we can see the thing we're needing
is the stuff for fully feeding folks
at home and folks afar. For the
daily papers tell us facts and figures
that compel us to be wide-awake and
jealous of the waste we should debar.
Bread and butter, beans and berries,
kraut and cabbage, cheese and cher-
ries, and the eggs of Tom and Jerries
should be saved throughout the land,
so that ours, the fruitful nation, may
prevent the quick starvation of the
balance of creation in the troublous
times at hand. Though it seems in-
consequential, each small slice of
bread's essential to keep famine pes-
tilential from ourselves and our
allies; waste of food is unpropitious,
unpatriotic, pernicious, and has con-
sequence as vicious as a swarm of
German spies. All our logic and our
reason prove it's nothing short of
treason if we let the growing season
and us idly looking on, not consider-
ing nor caring for the famine which
is staring in our faces, nor preparing
for the days when summer's gone.
Let us then do what we ought to be
devoting all our thought to saving
foodstuffs as we're taught to by the
manuals complete which the Nation-
al Commission has prepared in large
edition for improving the condition
of our stock of things to eat. This
is something worth your trying, for
by canning and by drying all the
things that you've been buying you'll
not merely feed yourselves, but
you'll find, from the beginning that
you've helped our troops in winning
by the drying and the tinning which
have stocked your pantry shelves.

VIRTUE OF THRIFT.

Cultivate It Earnestly, but Do Not
Carry It to Excess.

Thrift is a composite quality. It em-
braces within itself nearly all of the
great virtues. It involves industry,
prudence, forethought, self denial.

It certainly has no relation to nig-
gardiness or meanness.

Some men would let their grand-
mothers starve for the sake of a few
dollars. Such action cannot be called
thrift. A virtue carried to excess be-
comes a vice and is no longer a virtue.

Thrift that does not take into part-
nership honesty of character develops
into covetousness and avarice.

Thrift is the opposite of thriftless-
ness, prodigality, improvidence and
waste.

Thrift means better homes and bet-
ter food, more comfort and enjoyment,
less waste and less anxiety.

It is possible that a large proportion
of people have earnings so small that
saving seems impossible. But this is no
reason for their being unthrifty. On
the contrary, it is reason for making
the best and the most of the little they
have for their health, comfort and true
happiness.

A few dollars in a home or a savings
bank, or any safe investment, is as good
seed as ever was sown.

Out of it grow confidence, quickened
energies, firmer courage, more stalwart
thought and hope, more orderly citi-
zenship, education for the children and the
independence and self respect that lift
aimless, hopeless drudges up to the
true manhood that aspires and achieves.
—Christian Herald.

QUEER WEDDING CUSTOMS.

In India the Native Guests Literally
Paint the Town Red.

They have some curious wedding
customs in India. At a native wed-
ding in Bombay the wedding guests
literally "paint the town red" by
throwing on one another a kind of red
powder until they are crimson from
head to foot. Their disordered white
frapieries, the stains and splashes on

TAILORING

A good assortment of
Heavy Tweeds for Fall Suits
Also a nice stock of
Overcoats, Sweaters, Caps, Gloves.

MURRAY BROS., SHAWVILLE.

CONFEDERATION

"Money Saved
Is Money Made"
Get rates from
CONFEDERATION LIFE

Est. 1871.
"Maximum Insurance
at Minimum Cost."

YOUNG MEN—Our Special Military
Policy is not to be equalled on the market
today.
Consult our Agent today.

their faces and hair give them the ap-
pearance of victims of a massacre. In
India halls which may be secured for a
small rental are provided for these
ceremonies. But weddings are also
celebrated in the Hindu temples, with
priests in attendance. In a Hindu
temple a bride of twelve must seat
herself on a stone and be drenched
with water by her bridesmaids. Be-
hind her, her mother is subjected to a
similar deluge, and at a short distance
behind the bride's mother the grand-
mother undergoes the same treatment,
while in front of the dripping trio two
priests sit beside a briskly burning
wood fire mumbling the prescribed
words for the ceremony. One casts a
few grains of rice into the fire and the
other, with a ladle, throws into it a few
drops of oil.

During these performances the bride-
groom, seated in a carriage outside
the temple, receives the congratula-
tions of his friends. In the far east
the bridegroom would seem to be the
number of the party most to be en-
vied.

Japanned English.

A prominent merchant in Osaka, Ja-
pan, sent the following to an English
firm:

Messrs.—We have much pleasure to
request your latest catalogue of
your products, price list and discount
sheets. If it turns satisfactory we
shall consider the question of the large
orders. Now, our aim doing in this
case is our first attempt to prepare our-
selves to purchase of the products di-
rectly from makers instead of the
broker of each side. We must beg
your kind co-operation on this new
movement. We are of opinion as well
as our customers here that will proba-
bly obliged us to follow this new prin-
ciple. Trusting that the result will be
encouraging the further business, and
remain, etc.

Strictly Ornamental.

Man's only nonutilitarian garment is
the necktie. It's as useless as a mon-
icle. Yet we wear 'em. We'd feel aw-
fully awkward walking down the street
without one. Once upon a time the
necktie was used to fasten the collar
up. But now it doesn't do that. Man's
necktie is the Indian's eagle feather,
the mid-African's ivory earrings. It's his
pride, on which he bestows much
thought, great care. We wonder what
would happen to the vanity of the hu-
man race, masculine half, in case of a
necktie famine.

Effect of Discipline.

"Just see how the chickens mind the
old hen, Robby," said Mrs. Norris to
her son. "Watch them run to her
when she calls them."
"I suppose she sat on them when
they were little," remarked the infant
phenomenon reflectively.

Clever Child.

"You can't eat your cake and have
it."
"Well, ma, if I want cake to look at
here's plenty in the baker's window."

Look Ahead.

Henry Ward Beecher said, "Don't be
like a grasshopper, which jumps first
and afterward looks round for a place
to land."

They'll Help Some There.

Save the old tin cans. You'll be put-
ting them to good use if you only can
be grouchy in them.

One of the chief secrets of happiness
is never to allow your energies to
stagnate.

THE MARKETS.

SHAWVILLE

Flour per barrel \$12.00
Wheat, per bushel, \$1.75 to 2.00
Oats, per bushel, 55c.
Beans per bushel, \$7.00.
Butter tubs, prints and rolls 36c
Potatoes per bag, 80.
Eggs per dozen 40c.
Wool, washed, 75c; unwashed, 55c.
Hides per 100 lbs. 12.00
Pelts 75c. to 1.75 each
Horse Hides each 6.00
Calfskins each 1.00 to 1.50
Veal Skins, each 90c

OTTAWA.

The following are last Saturday's quot-
ations:

Butter, in prints 40c to 45c
Butter in pails 35 to 40c
Eggs, fresh, per dozen 48 to 50c
Potatoes per bag, \$1.25
Pork per 100 lbs \$20.00 to 22.00
Beef, per 100 lbs, \$11.00 to \$13.00
Oats per bushel 65c
Hay per ton 10.00 to 13.00

INSURANCE

AT THE LOWEST RATES IN
THE OLDEST AND BEST
COMPANIES.

No charge for Policy Fee.

Call or write for Rates and Particulars.

E. FARIS, INSURANCE AGENT,
BRECKENRIDGE - QUEBEC

PUBLIC NOTICE

Public Notice is hereby given to all
ratepayers paying municipal taxes in the
Municipality of Thorne, that the Col-
lection Roll is now complete, and taxes
are now due on the new valuation of
1917. Five per cent discount will be
given to those paying on, or before Jan.
1st, 1918. Six per cent interest will be
charged after the aforesaid date.

By order,
THOS. J. MCKEE,
Sec.-Treas.

Ladysmith, Oct. 5th, 1917.

PUBLIC NOTICE

Province of Quebec,
School Municipality of Clarendon.

PUBLIC NOTICE is hereby given
to all Proprietors of Real Estate and
Resident Householders of this Municipality,
that the Collection Roll of School
Taxes, as established by the School
Commissioners of this Municipality, has
been made and completed, and that it
now is and will remain in my possession
for inspection by parties interested, dur-
ing thirty days from this notice, during
which time it may be amended; any
ratepayer may, during the said delay,
complain of such roll, which shall be
taken into consideration and homologated,
with or without amendment, at the
meeting of the commissioners to take
place on the 20th day of October at my
office, at the hour of one o'clock in the
afternoon; but such delay expired, it
shall come into force, and every person
interested, after having taken cogniz-
ance thereof, if he so desires, shall pay
the amount of his taxes to the under-
signed, at her office, within the twenty
days following the said delay of thirty
days, without further notice.

Given at Shawville, this nineteenth
day of the month of September, 1917.
M. A. MCKINLEY,
Asst. Sec.-Treas.

VILLAGE PROPERTY FOR SALE

The undersigned offers for sale her well
known property, situated on Main Street,
Village of Shawville, (opposite Methodist
church.) Large dwelling house in good
repair, and large plot of ground, fronting
on Main and Lang Streets. For terms
and full particulars apply to
MRS. H. MATHESON,
Shawville.

VILLAGE PROPERTY FOR SALE.

For sale a property situated on the
north side of Lang St., being lot No. 88.
A good dwelling house, stable, kitchen,
and well. Very centrally located. For
particulars apply to
MRS. E. E. McCUAIG,
Shawville Que.

Rich Yet Delicate— Clean and Full of Aroma. "SALADA"

is blended from selected hill-grown teas, famed for their fine flavoury qualities. Imitated yet never equalled.

The PURPLE MASK

by Grace Givard
Novelized from the Motion Picture Play of the Same Name by the Universal Film Mfg. Co.

TWELFTH EPISODE.—(Cont'd.)

Manley, secretary to Johnson, having finished his day's work, called on his employer to notify him that he was leaving for the night. Johnson told him he must be on hand at nine o'clock to admit Phil Kelly to the conference. It was just dusk as Manley passed through the front door and started across the spacious lawn toward the front gate.

Four of Pat's Apaches were lying in wait for him, and as Johnson's man passed them on the path, when under especially heavy and low-spreading branches of a giant tree, they felled him to the ground and made him captive. Manley was rushed in haste to the House of Mystery and taken into Pat's drawing room.

One of the Apaches, bearing a striking resemblance to Manley, made a close study of his features. By use of cosmetics, and slightly changing the cut of his beard and hair, the Apache presented an exact "double" of Johnson's secretary. Manley's keys were taken from him and the new "secretary" hurried away to perform his share in the adventure at Johnson's home.

By this time it was quite dark. The Johnson grounds, immediately surrounding the mansion, presented unusual aspects. Lurking everywhere were Pat's men robed in purple dominos.

One group of active men was busy with picks and shovels, digging into the ground. They had three hours in which to complete a tunnel planned to lead directly under Johnson's treasure-vault.

Inside the mansion Johnson was in his own apartment, awaiting the arrival of the detective. Before him, on the table where he was at work, were reports from his subordinates, and from time to time he opened a drawer, and counted over high piles of currency.

Phil Kelly and his chief assistant arrived at the Johnson home a few moments ahead of time. The Apache, made up to impersonate Johnson's secretary, met the detectives at the door and ushered them into the drawing room.

Pat's man went upstairs, and returned in a moment to say that Mr. Johnson would see the detectives shortly. Meanwhile they were to make themselves comfortable in an adjoining room, where a light repast had been prepared for them. In this room the Apache led Kelly and his man, and gently turned the key as he passed out of the door.

"This old guy must have heaps of money in that vault," said Kelly as the two detectives seated themselves at the table. "He has a swell place here and this food and wine can't be purchased for a song."

The two enjoyed themselves, safe behind the locked door, while Pat stealthily rambled through the lower door of the mansion, to make sure that

all her orders were being carried out. The housekeeper had dismissed all of the servants for the night, and the Johnson mansion was completely in the hands of Pat and her associates.

Meanwhile the men who were burrowing underground worked rapidly and were progressing on schedule time. When they reached the spot directly under the floor of the vault, their mission was practically accomplished. With drills and bars they began operations on the masonry that formed the foundation.

Every man in the gang was an expert in his line. Supplied with the best drills and appliances, working safe from fear of detection they made rapid progress. Inside the vault the Apache who had remained hidden when the other workmen left for the night, was contributing his share to the proceedings.

Unmindful of what was going on in the rooms below, Johnson remained absorbed in his selfish enjoyment. He carefully perused every report, made sure count of the money and jotted down occasional notes, from which he intended to issue instructions to his lieutenants.

Having occasion to use the telephone, he was annoyed to find that he could not get a connection, even with central. Passing the incident as another annoyance that so often comes Johnson went on with his work. Pat's men had cut the telephone wires.

Meanwhile, as the moments passed, Kelly and his man became impatient. They were too wise in their generation to absorb too much of the liquid refreshments, and their appetites had been satisfied by the delicious food.

"Old Johnson must be a busy man to keep us waiting as long as this," said Kelly, as he looked at his watch. "It's just nine o'clock—we must get some action pretty soon or we will investigate."

Kelly arose from his chair and walked restlessly about the room. Once he stopped as if to reach for the knob that would open the door, but he changed his mind. He moved leisurely to the window, and drawing aside the curtain, tried to look out.

"It's dark as pitch," he remarked. And then he resumed his nervous tramping up and down the room.

"Don't get impatient," said his subordinate, "Johnson will let us know when he wants us. He is just as anxious as you are."

"Well, I'll wait a few moments more, then I'll go out and see what's keeping the old man," said Kelly as he again seated himself at the table and turned out a small portion of wine. This he sipped while conversing on general topics with his man.

At the moment Kelly's watch read nine o'clock. Pat was bringing her plans to a focus. The men who were drilling into the vault at that instant loosened the first brick in the floor of the spacious room. In another moment enough bricks had yielded to pressure from below to allow one of the Apaches to raise his head through the opening.

The strong-room was flooded with light. On shelves ranged around the walls were bags and boxes known to be filled with money. There were also several piles of bills, fastened with paper binders, carefully stacked, side by side, upon the shelves.

Inside the Johnson mansion matters were progressing at a lively pace. The two detectives, having exhausted their patience started to open the door. When they discovered that they were locked in, Kelly hurried to one of the windows.

As he pulled the curtain aside, two men in purple masks and gowns held revolvers to cover the detectives threateningly. Kelly and his man rushed to another window only to face a like menace. The four windows that opened from the room were all guarded by Pat's men.

At that same instant Pat was stealthily ascending the stairs that led to the upper floor. Directed by the housekeeper Pat and two of her assistants went straight to the door of Johnson's room.

It was standing open, and in the middle of the room, with his back to the door, was Johnson pouring over his hoard of money. With her men flanking her right and left, Pat approached with cat-like tread, holding, ready for use, a heavy purple cloak.

Coming within reaching distance of Johnson the girl bounded forward and flung the cloak over Johnson's head while her assistants attacked themselves to each of the old villain's arms, rendering him helpless.

(To be continued.)

Efficient Agriculture

With the most efficient agriculture in the world, Denmark is devoted almost exclusively to crops and herds. It not only obtains the highest average results per acre in the cultivation of the soil, but also uses the agricultural production as raw material for a national industry in further manufacture. It is in the finished form of butter, cheese and other food products that contain more labor value and less raw material that Denmark exports the output of its agricultural and herding industry. Two-thirds of the population are engaged in agricultural pursuits or in handling agricultural products.

What a blessed thing it would be to waken up some morning and learn that the awful war was over.



The Housewife's Corner

A COURSE IN HOUSEHOLD SCIENCE COMPLETE IN TWENTY-FIVE LESSONS.

Lesson XIII. Milk and Its Derivatives.

Milk may be called a perfect food, containing as it does the five necessary food elements required by the body to maintain life. It is the first food for infants; it forms also a perfect food for small children, the protein being in the form of casein, which is readily digested. The adult requires additional food, owing to the activities. Milk will not supply all the needed elements. The carbohydrates are in the form of milk sugar and fat; the fat is suspended in the milk in the form of tiny globules, thus giving to the milk its clear, white color. The proportions of fat in the milk vary from 2.8 to 8 per cent. This variation is due to age, condition and feeding of the cows.

Cream.

When milk taken directly from the cow is placed in suitable containers and permitted to stand for a period of time, the fat globules, which are lighter than the water of the milk, will rise to the top and form a coating over the entire surface of the milk. This is called cream. Cream is a wholesome, palatable form of fat. Modern methods now use a machine for separating cream by gravity from the milk; this eliminates the period of time for standing to permit cream to rise to the top of the vessel. The derivations or by-products of milk are butter and cheese.

Butter.

Cream is permitted to stand a certain length of time to develop an acid ferment. The object of this is to give the butter a desirable flavor and aroma, or this ferment may be added to the cream in the form of lactic acid. The cream is then churned, the butter-milk drained off and the butter worked with pure, cold water. Salt is added to the butter to preserve and improve the flavor. Butter contains about 83 per cent. fat and is a valuable food for energy.

Sweet butter is made from fresh cream and is usually sold unsalted. It will not keep any length of time, usually turning cheesy.

Cheese.

Cheese is made from milk by special process of fermenting milk with a lactic acid ferment and then coagulated with rennet. This cheese when used fresh is called cream and cottage cheese.

Many other varieties are made by special processes which, together with

the location, curing and manner of storing, give many varieties. Cheese is a valuable food, containing a large amount of protein in the form of casein. It is a concentrated food, and when properly combined with other foods furnishes an economical nutritive diet.

The by-product of butter is buttermilk, which is greatly esteemed in Europe. Many of the foreign race contend that the use of buttermilk prolongs life by neutralizing the bacteria of the intestines. Buttermilk is also strained, the curd salted and beaten with a wooden spoon, then worked into a smooth mass. This is called buttermilk cheese and was greatly esteemed by our grandmothers.

To Make Butter at Home.

Collect left-over portions of cream in a clean bowl. Permit it to stand for three or four days to turn. Now place one cupful of this cream in a one-quart Mason fruit jar. Add one cupful of warm water, testing the cream and water with a thermometer. It should be sixty-five degrees Fahrenheit. Place rubber lid on jar. Shake continuously for a few moments, and you will feel the contents of the jar become lumpy.

Drain off the buttermilk and place the butter in a bowl of clear, cold water. Add one-fourth teaspoonful of salt and work, changing the water until it shows no trace of milk. For the butter in pats and place in refrigerator to cool. Care must be taken not to seal the cream by using water that is too hot. A few drops of carrot juice may be added to give the butter a color. Grate a small carrot and place in cheese cloth and wring to obtain the juice. This butter may be given to small children or to invalids.

Let the buttermilk stand a few hours and drain off the water that has risen to the top. Then place a piece of cheese cloth in strainer, turn in the buttermilk and let drain for two hours. Now place the curd in a bowl and add:

One-fourth teaspoonful of salt.
Work well with wooden spoon to a smooth mass.

One-fourth teaspoonful of pepper.
One-half green or red pepper, chopped very fine.

Mold into balls, and place a piece of nut on the top and serve on lettuce. Sour milk may be used in place of buttermilk.

War Menus.

The Domestic Science Experts of the Canadian Food Controller's Office have issued the following menus, arranged with the idea of saving wheat, beef and bacon for the men at the front.

Breakfast.

Oatmeal Porridge Milk Sugar
Eggs (soft Cooked) Marmalade
Toast Butter Tea or Coffee

Dinner.

Beef Stew Potatoes Carrots
Bread Baked Apples
Tea Milk Sugar
Supper (or Luncheon).
Cream Tomato Soup Graham Biscuits
Apple Sauce Oatcakes

Tea Milk Sugar
Graham Biscuits.—Make as tea biscuits only substitute one half Graham flour for white flour.

Cream of Tomato Soup.—1 quart of skim milk, ½ pint tomato juice (made by stewing ripe tomatoes and pressing through a sieve), ¼ teaspoon of soda, 2 tablespoons of flour, 2 tablespoons of butter. Salt and pepper to taste, and a little grated onion. Make the milk, flour, butter and seasonings into a thin white sauce. To the tomato add one quarter of a teaspoon of soda, and as soon as it ceases to effervesce combine the milk with the tomato, and serve at once.

Breakfast.

Fresh Fruit Cornmeal Porridge
Graham Bread Butter Milk
Coffee or Tea Sugar

Dinner.

Mutton Potatoes Corn
Apple and Bread-Crumbs Pudding (Brown Betty)
Sugar Milk
Supper (or Luncheon).

Creamed Fish Warm over Potatoes
Baked Pears Bread
Tea Milk Sugar

Creamed Fish.—Any leftover boiled or baked fish may be served as cream fish by flaking carefully and adding a good, well-seasoned white sauce.

Graham Bread.—3½ cups of Graham flour, 2 cups of sour milk, ¾ cups of molasses (New Orleans), 1 teaspoon of soda, ½ teaspoon of salt. Bake in a slow oven one hour.

Brown Betty Pudding.—2 cups of apples sliced thin, 1 cup of bread crumbs, 1 tablespoon of butter, cinnamon to season. Butter the pudding dish well. Put alternate layers of

apple and crumb with apples in bottom, and finish with crumb on top, and dot with bits of butter. Sprinkle with cinnamon. Cover closely and bake forty minutes, then remove the cover and brown.

Breakfast.

Fresh Fruit (Berries in Season)
Oatmeal Porridge Milk Sugar
Omelet Toast Coffee or Tea

Dinner.

Roast Beef Potatoes Creamed Onions
Brown Bread
Cottage Pudding with Sauce
Supper (or Luncheon).

Potato Soup Crackers
Stewed Fruit Cornmeal muffins Cookies
Tea Milk Sugar

Potato Soup.—1 quart milk, salt, pepper and grated onion to taste, 1½ cups mashed potato. Add the potato to the heated milk and seasoning, reheat and serve very hot. If skim milk is used the soup is improved by the addition of a little butter.

Cornmeal Muffins.—1 egg, 2 tablespoons dripping, 6 tablespoons brown sugar, ½ cup of milk, 1 cup of flour, ½ cup of cornmeal, 2 tablespoons of baking powder, ¼ teaspoon of salt.

Breakfast.

Fresh Fruit Wheatmeal Porridge
Toast Marmalade
Tea or Coffee Milk Sugar

Dinner.

Pork Chops Mash Potatoes
Vegetable Marrow
Johnny Cake Syrup
Supper (or Luncheon).

Cream of Corn Soup
Whole Wheat Muffins
Apple Sauce Butter Oatmeal Cookies
Tea Milk Sugar

Whole Wheat Muffins.—1½ cups of whole wheat flour, 1 cup of white flour, 1 cup of sour milk, 1-3 cup of molasses, ¾ teaspoon of soda, 1 teaspoon of salt, 2 tablespoons of melted dripping. Mix and sift dry ingredients; add the milk to the molasses, and mix with the dry ingredients. Last of all, add the melted dripping.

Cream of Corn Soup.—1 quart of skimmed milk, 2 cups of corn, 2 tablespoons of butter, 2 tablespoons of flour. Season to taste with salt, pepper and grated onion. Make a thin white sauce of the milk, butter, flour and seasonings. If corn on the cob is used, cut from the cob and cook, and add to the milk, etc. Reheat and serve hot.

GERMAN POWER IN THE ORIENT.

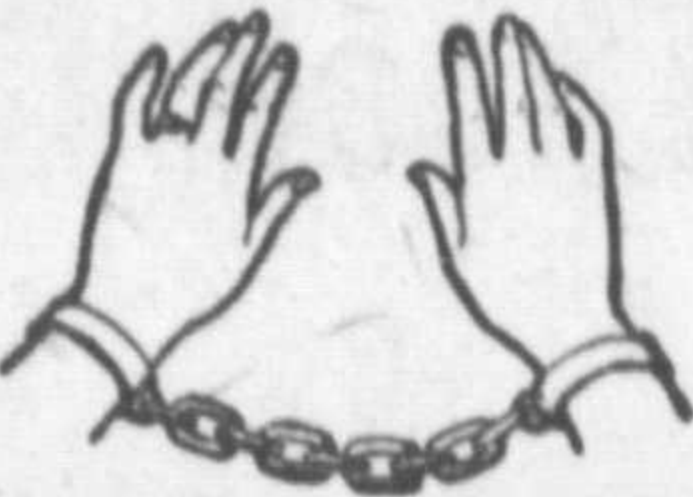
Japanese Forces Aided by Britain Now Occupy All Hun Possessions.

All of the German possessions in the Orient have been occupied by Japanese troops. Tsing-tao, the port lying on the Yellow Sea, was captured after a spirited siege in November, 1914, a combined force of British and Japanese effectives taking the three big fortresses after a bloody struggle.

All the German ships in the harbor were captured or sunk by the cannon fire of the allies. Kiaochow, the district about the captured port, was thus lost to Germany with its 117 square miles and 60,000 inhabitants.

The Caroline Islands, east of the Philippines, embracing about 680 small islands, were occupied by the Japanese navy earlier in October. This territory had been sold by Spain to Germany in 1899. On the 14th of the same month the Nippon fleet occupied the Marshall Islands, about midway between the Philippines and Hawaii. Various other lands belonging to the kaiser in the Solomon and Marianne archipelagos were taken at the same time, the total island loss to Germany being 51,605 square miles and 101,600 inhabitants.

Turning something up beats waiting for something to turn up.



It is hard to break the chains of habit. It took one man six months to stop saying "Gee Whiz."

Perhaps habit has kept you ordering "the same tea as before" when you had intended to buy Red Rose.

This will be a reminder. So next time you will order Red Rose. You will be pleased, we are sure.

Kept Good by the Sealed Package



ODDITIES OF ANIMAL LIFE.

Male Seals Educate Young—Lizards Can Grow New Legs.

There isn't a male wasp in existence when winter ends. Late the preceding fall the wasps mate. The coming cold weather kills every worker and male, while Mrs. Wasp hies herself to a convenient place and hibernates, ready to come forth in the spring and lay eggs to replenish the race.

Egg laying and the raising of the young furnish many instances of striking peculiarity in the animal kingdom. For instance, there is the case of some species of toads. After the female has deposited her eggs the male picks them up, winds them about his body and goes hunting flies, the while the heat from his body hatches the little toads.

There is the seal. When the powerful bull seal takes up quarters on a rock ledge he gathers a harem of females, and fights away every male from his preserve. As a consequence there is an envious group of less warlike males constantly skirting the sacred domain. But when the young seals have been born, these bachelor seals assume the burden of educating them. The seal being an air-breathing mammal, does not take to the water like the proverbial duck, but must be taught to swim. This is the task of the bachelor seals, and they exhibit all the lovability of a good nurse as they coax, the little seals to the water edge and urge them to take their lessons.

But this rather idealistic family life does not exist everywhere. Some of the crustaceans, to which the lobster and crabs belong, live on terms that would lead to the gallows if practised by men and women. The female is usually larger than the male, and often demonstrates her superior strength by tearing him to pieces and devouring him, if he happens to forget her disposition or isn't nimble enough to get away.

But all peculiarities are not con-

finer to creatures of the deep. Consider the arctican, for instance. They say a camel goes eight days without water. The arctican, or water bear, goes six months without it sometimes. But he doesn't do so voluntarily. In fact, to every outward appearance he dies during the drought. This little creature, microscopic in size, is an inhabitant of water troughs and similar places where moss is apt to grow.

When it rains he is as happy as a clam in high water, but where there is no rain his sack-like body and four pairs of stubby-legs dry up, and the closest examination under the microscope fails to show any sign of life. But it must be only an exaggerated form of hibernation, for when the rain comes again he wakes up and starts in enjoying himself.

Which suggests the wonderful power of clinging to life shown by some creatures. The four legs and tail of a salamander, one of the small lizards, have been cut off as many as eight times, only to grow out perfectly after each operation.

Disappointed.

There is a certain inspector of schools who prides himself on his method of examining. In a kindly, fatherly way he gathered a very young class about him, and soon had their open-eyed, breathless attention.

"Now, suppose that you and I were playing a game of marbles," he said to Jimmy Green. "You have ten marbles, and I have eight." The class gathered round. "At the end of the game you have won half of my marbles, and, of course, I want to play again, to win them back." The pupils pressed even nearer. "At the end of the second game I win half of those you now have. Tell me," excitement waxed intense—"tell me," he continued, "how many marbles are you left with?"

With a look of inexpressible disgust the boy addressed fell back. "Why, Billy," he said, "blowed if it ain't sums!"



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Conducted by Mrs. Helen Law



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Address all correspondence for this department to Mrs. Helen Law, 233 Woodbine Ave., Toronto.

Reader:—1. "Anzac" stands for the initial letters of "Australia (and) New Zealand Army Corps." The name was first coined at the Dardanelles. It has no reference to Canada, for there were no Canadian troops, just the Army Medical Corps, at the Dardanelles. 2. To remove paint from clothing, saturate the spots two or three times with equal parts of ammonia and turpentine, and then wash out in soap suds. 3. Nothing whitens the hands so effectively as rubbing a slice of lemon on them once or twice a day. This is also a good way to remove stains from the fingers.

Worker:—To decorate a table for a Red Cross luncheon, instead of a tablecloth use "runners" of heavy white stuff which can afterward be made in to nurses' uniforms. At intervals down the table arrange large crosses of red paper. In between, you might place measuring glasses, filled with red and white flowers. Bonbons may be in the shape of pellets and placed in pill boxes, which mortars might hold salted nuts and olives. Instead of napkins, use squares of cheesecloth, folded bandage fashion; these may be saved, washed and sterilized and used for covers for medicine glasses.

One of the Girls:—For your Halloween party:

Begin with the One-Yard Dash. Measure off one yard on the carpet, give each boy a potato, which must be laid on a line. At a given signal each contestant gets down on hands and knees and pushes the potato with his nose until he reaches the other line. There should be a simple little

prize for the winner.

The Hurdle Race is for both boys and girls. Each person is given six needles and a spool of thread, and the one who first threads them all wins the contest.

Next comes the Standing High Jump. Hang three doughnuts in a doorway, about four inches higher than the mouths of the contestants. Tie their hands behind them and see who first bites a doughnut.

For a Drinking Race each player is given a half glassful of water and a spoon. The water must be consumed a spoonful at a time, and the one who finishes first is the winner. If any is spilled, that contestant is barred out.

The Bun Race is great fun. A clothes-line is stretched across the room, and from it are hung sugar buns at a height just reaching each player's mouth. The players stand in line with hands behind them, and at a given signal begin to eat the buns. The bobbing of the line makes this very difficult.

Last comes the Rainy Day Race. Each contestant is given a shoe-box containing a pair of over-shoes, and tied with string. A closed umbrella is also handled to each. When the starter counts three the boxes must be untied, the over-shoes put on, and the umbrellas opened. The contestants then walk across the room as rapidly as possible to a set line, remove the over-shoes, replace them in the boxes, tie the boxes, and close the umbrellas before they walk to their starting place. The one who arrives there first wins.

OUR UNEXPLORED COUNTRY

Canadian Geological Surveyor Says Over Quarter is Still Unsurveyed.

A very common impression held even by Canadians is that there is little Canadian territory left to explore except on the Arctic islands. But as far back as 1890 Dr. George Dawson had calculated that there were then about 1,000,000 square miles of unexplored territory in Canada, about 600,000 square miles in Western Canada, the rest lying in the Provinces of Ontario and Quebec.

Mr. Charles Camsell, of the Geological Survey of Canada, has quite recently revised Dr. Dawson's estimate, reaching for Western Canada the figures of about 642,000 square miles, while the unexplored area of Northern Quebec is represented by 259,000 square miles.

The total area of Canada is reckoned at 3,729,665 square miles, of which 520,800 square miles are embraced in the islands of the Arctic Ocean. The unexplored area (Camsell figures) of 901,000 square miles represents almost 28 per cent. of the total area of the country.

GOOD HEALTH QUESTION BOX

By John B. Huber, M.A., M.D.

Dr. Huber will answer all signed questions of general interest. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

"The future of society is in the hands of the mothers."

ENLARGED TONSILS.

In children having adenoids there is mouth breathing and narrow chest—thus poor lung expansion—by which the child becomes starved for oxygen and an easy candidate for consumption; snoring; open mouth; a vacant dull expression of the face; unpleasant, toneless modifications of a naturally pleasant voice, such as the "nasal twang"; inability to pronounce certain letters; earache and other ear affections, even deafness, by shutting up the Eustachian tube, which leads from the pharynx to the ear, and which should always be open; mental deficiency, making a dunce of a naturally bright child; frequent attacks of coryza (nasal catarrh); nosebleeds; irregular tooth and jaw formation; stunted growth; convulsions; and a generally nervous condition, so that an ordinarily good child is accused of wanton misbehavior or crass perversity. Such are signs of adenoids.

In addition to what I have already stated deformities appear. The natural and uniform development of the face is hindered, leading to the narrow jaw with crowded teeth and the high-arched palate. And it takes the highest skill of those dentists who have made a specialty of "orthodontry"—teeth straightening—to correct those jaw deformities. In the chest, there are likely to be alterations of shape; in some cases the pigeon breast, but in most cases the formation of a hollow at the lower end of a breast plate which the child makes obvious when the parts are sucked in with each inspiration.

When enlarged tonsils are found in children adenoids are sure to be present also in 90 per cent. of the cases. Tonsils are sometimes enlarged from birth; but they usually become so by successive attacks of tonsillitis, or

letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

quinsy, diphtheria, scarlet fever, measles, or in fact any nose and throat inflammation. Sometimes the tonsils become so enormous that they actually touch in the act of swallowing; also in such children there is the "throaty" voice, as if the mouth were full of food; and there is a dry cough in some cases. Much stuttering begins thus. The glands in the neck beneath the skin are also liable to become swollen and tuberculosis all too often follows.

QUESTIONS AND ANSWERS.

Baby is Restless.

I am nursing my seven weeks old baby every three hours and whenever she wakes at night. She seems very restless at times.

Answer:—Possibly the feeding "whenever she wakes at night" is the cause. Babies on the breast do better on 3 hour intervals during the day and 4 hours at night. 6 and 9 a.m., 12 m., 3, 6 and 10 p.m. are right. After the third month discontinue the 2 a.m. nursing repeat. Try if a little water to drink will soothe the baby at night; babies should always have plenty of water.

Cocoa.

Can one drink cocoa daily without injury to the health?

Answer:—Assuredly, once a day. A most nutritious beverage. Just a trifle heavy in the dog days however, since it has a considerable fat content. Not as stimulating as tea or coffee, but more nourishing. It is therefore preferable in cases where tea and coffee excite the nervous system, causing palpitation, tremors and insomnia. This is not to say, however, that tea and coffee are to be abjured for most of us. When taken in moderation the latter are wholesome.

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Kitchen Patriotism

By Ruth M. Boyle

"My son and two of my nephews have enlisted. My daughters are making surgical dressings for the Red Cross. I am kept so busy at home that I can't be of any use, and it is hard to have to go on from day to day just as if there wasn't a great war that we have to win. Yet there doesn't seem to be anything that I can do to help."

She was a farmer's wife, and she was managing a home for six hard-working, healthy people. She didn't realize it, but her part in winning the war was probably as important as that of the son who had enlisted and the girls who were making surgical dressings.

This is the way a woman—a home economics expert—who is giving her time and her talent to the Government to find means of conserving the food which is so necessary and so scarce in the world just now, explained it to me:

"War," she said, "depends on wealth. Now, there isn't any wealth except that which comes out of the woods, out of the sea, out of the mines, and off the farms. So you see the fate of the world hangs on the farm, the farmer, and the farmer's wife—and not the least is the farmer's wife. It is the woman of the house who plans what is to be eaten. If she plans well, our own country, and the men at the front can be fed."

No woman can think for a moment of the lads—most of them just in their twenties—remember that—"some-where" at the front, and not feel impelled to starve herself, if necessary, in order that they may have plenty. But no such sacrifice as that is necessary. What does the nation ask you to do?

A few simple things—to save wheat, to save meat, to save butter, to use perishable fruits and vegetables as far as possible in order to conserve those that can be shipped long distances.

This does not mean that you must not give your family all they need; in order to keep them in proper health, they must have plenty of wholesome food. But it does mean substituting corn and other grains for wheat, which is needed across the sea. It means using cheese and fish and all possible substitutes for meat. It means that although you may use butter as usual for the table, you must not use it in cooking. Above all, it means the elimination of waste. There should be nothing left on the plates, and the left-overs should be served at another meal.

Plan your meals with the needs of your country in mind, and you are serving your country as truly as any soldier in the trenches. And then it may be some consolation to you, when you think of your own boy "some-where" under the colors, to know that you, with thousands of other women, are using your skill and your wit in order that he may be well provided for.

Trying to get something for nothing through premiums, prizes and trading stamps, is a trap that catches many. In the end the purchaser pays for the premiums as well as the goods.

"If thou hast much, give plenteously, if thou hast little, do thy diligence gladly to give of that little, for so gatherest thou thyself a good reward in the day of necessity."—Tobit.

To paraphrase an old saying, a good drain is rather to be chosen than great ditches.

Poultry

Winter is fast approaching, and every advantage should be taken of the fine weather for doing such outdoor work that can not conveniently be done when the weather is cold or snow is on the ground. There are fences to repair, roofs to examine for leaks, and general fixing up of the entire house. The runs, too, need a good cleaning up and spading.

All the old hens, not intended to winter over, should be sent to market while the prices are good.

Now is a good time to lay in supplies for the winter, especially such as incubators and brooders, and to secure new blood that may be needed in the flock. Orders are more promptly and carefully filled now than later on when there is a general rush.

The moulting season is surely putting a rusty, unattractive appearance on the fowls. They need a tonic; a few pieces of rusty iron in the drinking water will have a good effect. About five per cent. old-process oil meal added to the mash is good medicine at this time. Sunflower-seed, mixed with the grain feed occasionally, will add luster to the feathers.

Capitalize all the surplus young cockerels during October.

It is not uncommon on farms to allow the poultry to roost outdoors in summer, on trees or wherever they may find a satisfactory perch, and this is often permitted away into the winter months. The practise is not a good one, especially after the fall weather starts. If the stock has not already been placed in the houses, it should be done at once. Exposed hens never have good egg records during cold weather.

The Dairy

A bull is half the herd, if he is a purebred capable of transmitting his good qualities. But if he is a poor sire, he is more than half—he is nearly all of it. At the Ohio station a bull whose dam had a high official record and whose grand-dam had a record of large production, sired daughters which showed an average gain over their dams of 1,902 pounds of milk and sixty pounds of fat the first year. Their average yearly difference was more than 1,100 pounds of milk. Another sire selected from one of the best herds in the state showed a decrease of 687 pounds of milk and thirty-nine pounds of fat. His sire and dam had no official records.

Bitterness in cream and milk is a frequent trouble during fall and winter months. If milk is bitter when it is drawn, the trouble is with the cow or her feed. Very often cows give bitter milk toward the close of their lactation period. The old dry weeds of winter pasture also give rise to a bitter flavor in milk. The remedy in this case is to keep the cow from such pastures.

Hogs

Most economical gains on hogs are secured while the pigs are young, and for that reason it is advisable to finish hogs as early as possible, weighing 200 pounds when marketed. Gains on adults are expensive, and feeding them during too long a period loses money.

Weaning time is the critical stage in the life of fall pigs. Three weeks before weaning teach them to eat, supplying a box or creep which admits the little ones only. Feed a little middlings and skim-milk, adding later, some sifted ground oats.

Pigs may be self-fed from six weeks onward. It is best, however, to start self-feeding at about ten weeks of age. With paddock feeding a self-feeder will save fifty per cent. of the labor. On pasture, with running or a continuous supply of water, nearly seventy-five per cent. of the labor may be avoided.

Our Far-Flung Battle Line.

"God of our Fathers known of old
God of our far-flung battle line.
Beneath whose awful hand we hold
Dominion over palm and pine."

Thus wrote Kipling of the British Empire twenty years ago when he penned the "Recessional." It was possible then for Britain to talk about her "far-flung battle line." But what about that battle line to-day. Britain has over two million men in France; her navy has controlled the sea since the outbreak of the war. There is a British expeditionary force at Salonika, another expedition in Palestine. British monitors and British artillery are operating with the Italians near Trieste, and British armored cars are supporting the Russian armies on the Eastern front.

A Haig Story.

Here is a story brought back from the front about Sir Douglas Haig.

Sir Douglas was, some few weeks ago, in a great hurry to get to a certain place. He found his car, but the chauffeur was missing. So Sir Douglas got in the car and drove off by himself. Then the driver appeared, and saw the car disappearing in the distance.

"Great Scott!" cried the driver, "there's 'Alig a-driving my car!"

"Well, get even with him," said a Tommy, standing by, "and go and fight one of 'is battles for him."

ECONOMIC PRODUCTION OF WHEAT IN RELATION TO FOOD PRODUCTION

By Henry G. Bell, Agronomist.

(Concluded from last week)

The Canadian farmer is a manufacturer, and he is interested in everything that will add to the efficiency of his crops. He finds himself short of sufficient manure to cover all of his wheat areas and the areas of the other important crops, such as corn, potatoes, etc., hence, he supplements the plantfood of the soil and manure by the addition of suitable fertilizers. Probably no phase of wheat-growing has a more important bearing on the economic production of the 1918 crop than proper fertilization.

Now, what are fertilizers? They are carriers of available plantfood; just the same plantfood as is carried in farm manure. Fertilizers are composed of materials gathered from sea and mine and air, as well as from the by-products of various industries.

You speak of bread carrying protein, carbohydrates and ash. Well, fertilizers supply nitrogen, which is the basis of protein, potash, which causes the formation of starch and other carbohydrates, and phosphoric acid, which hastens the growth of the crop. Therefore the fertilizer industry is closely linked with the farmer's important calling in producing the food of the world.

The Value of Fertilizers.

Now, does it pay to fertilize wheat? This depends upon four things:

- (a) The productiveness of the soil;
- (b) The yield of wheat obtained;
- (c) The price of wheat;
- (d) The cost of fertilizer.

I have already dealt with the first factor, in last week's instalment of this article.

The yield of wheat is directly dependent upon the supply and balance of plantfood. The oldest fertilizer tests in the English-speaking world have been conducted by Rothamsted Experiment Station, England, where, as an average of 51 years, there was obtained an increased yield of 18.1 bushels per acre from fertilized wheat over wheat grown without fertilizer.

At present wheat prices, such increase in yield is full of interest to the farmer. But he asks, can such increase be made economically? Farm labor has increased in cost; seed and fertilizer have likewise increased. A careful study of the situation shows that the advantage is still with the farmer. A very small increase in yield will pay for a liberal application of fertilizers on wheat.

Time will not permit my going into the adaptability of the analyses of fertilizers used by various experiment stations, but a careful charting of the yields of wheat obtained at Ohio shows that acid phosphate can be used at material profit on wheat. It is strongly advised by the experiment station.

A similar study shows that nitrogen and phosphoric acid give material profit at present wheat prices and fertilizer costs. Complete fertilizers, or those carrying potash as well as nitrogen and phosphoric acid, also give a profit at present prices. On sandy soils or on soils containing a high percent. of muck, potash is especially desirable.

Fertilizers have an important bearing on the next factor in economic wheat production, which is insect and disease control. The most destructive insect effecting the wheat crop is the Hessian Fly. This insect lays its

eggs on the leaves of the healthy plant. The maggot hatches on the leaf and bores into the stalk. Having damaged the wheat the maggot goes into a dormant state known as the "flaxseed" stage. This flaxseed remains in the stubble, coming out in the fly form early in August. The life of the adult fly is but a few days, probably but a week or less, as a rule a great mass of flies appear about the same time. If the wheat is sown after the flies appear, by the time the wheat is up they are gone and the crop escapes the attacks of this insect. Now, late sown wheat is at a disadvantage, in that it has but a short time to make sufficient growth to withstand the cold weather of autumn and winter. By the addition of 200 to 400 lbs. of fertilizer per acre at the time the wheat is seeded, there is added sufficient available plantfood to enable the crop to make this strong healthy growth.

The wheat crop suffers material losses in some sections from attacks of smut. This is a fungous disease which spreads throughout the growing plant and comes to its fruiting stage about the time the wheat grains are filling. The spikelets of the infested crop, instead of containing well-filled kernels, contain sacks filled with little black seed-like bodies known as spores, which are actually the seeds of this disease. The wheat crop can readily be freed of smut disease by treatment with formalin, as indicated in the publications of nearly all of the agricultural experiment stations.

The profitability of the use of fertilizers in producing more and better wheat is established. It is the logical practice in connection with the use of good seed and proper soil tillage.

Five Important Factors.

The fertilizer industry, like all other industries is encountering enormous difficulties arising from the present war. Its nitrogen carriers are used as a basis of explosives. Potash from Europe, as you know, is now only a memory, and submarine activities have greatly aggravated the shortage of sulphuric acid used in the manufacture of acid phosphate. Nevertheless, the fertilizer industry is vigorously endeavoring to supply the Canadian farmer with as much available plantfood as can be assembled and manufactured, so that he may do his part in overcoming the food shortage.

Let me again emphasize these points to all growers of wheat—points which are established beyond a question by careful experimentation and actual experience—that the largest crops of best quality wheat can be produced by giving careful attention to the following five important factors:

- (1) Thorough drainage of the soil;
- (2) Thorough preparation of the seed-bed;
- (3) Selection of suitable varieties of wheat and good quality seed;
- (4) Adequate fertilization;
- (5) Control of insect pests and diseases.

Attention to these five details will enable Canadian wheat-growers to do still more efficient work in the campaign for increased food crops, and thereby render great service to humanity in this tremendous crisis of the world's history.



The Fairy With The Lantern.

The little fairy of whom I am going to tell you was named Jack, and he carried about, through all the long, dark hours, a tiny lantern. During the day he must have slept very soundly—for he was up at night until very late, but in such snug places that no mortal could ever discover him. At night, though, it was easy enough to see what he looked like. At least so thought Annabel, who, her grandfather said, had eyes that saw what no others ever could see. She declared that Jack was just about five inches high, that he wore a peaked hat, and that the light of his lantern, as it danced over the big marsh near her grandfather's house, was like the blue flame of a candle.

Grandfather had several times warned the little girl when she came to visit him—never to have anything to do with Jack. He said that if Jack was a fairy, as she insisted, he was certainly a very naughty one, who would like nothing better than to have people follow him into marshy lands where they would be sure to be stuck fast in the mud; then he would laugh at their plight, but never offer to help. But Annabel, although she promised that she would never even try to go near the little blue dancing light, insisted that Jack was a good fairy, and, some day, she said, they would find out that she was right.

One night, when Annabel was staying at grandfather's, the lights burned more brightly even than usual. Indeed, it was soon seen that there were two of them, and then three.

"Jack has borrowed another lantern or two," said Annabel.

"He does well to make the most of his time," replied grandfather, "for to-morrow men are coming to begin the work of draining the marsh, and that will be the last of Mr. Jack and his lantern."

And, sure enough, the next time that Annabel went to stay with grandfather, and at night looked out of the window, there was no light to be seen flitting about anywhere; for the bog was now hard and dry.

"It's just as I told you, Annabel,"

said grandfather the next morning. "That bad fairy has gone away forever."

Annabel's curls nodded, but her lips added, "Only, grandfather, he was a good fairy. You see, he knew that in the dark people might walk into the bog and get almost drowned. So night after night Jack stayed there, waving his little lantern to warn them away. I often used to think how sleepy he must have been."

Grandfather smiled. "That's my dear little girl," he said, laying his hand on her curls, "who is going to find all the good she can in everyone, even in a fairy."

But Annabel, her mind still on the fairy, said, "And I'm sure, if you go to another bog, you'll find Jack there with his same little lantern, warning everyone to keep away. Indeed, indeed, grandfather, he was a very good fairy, and I shall always try to remember him."

Scalding Poultry

Dressed poultry for long-distance shipments had best be dry-picked, but for near-by markets or home consumption scalding is perfectly proper. In fact, scalded birds sell best to home trade.

The water must be as near the boiling point as possible, without boiling. Care must be taken in scalding. The legs should first be dry-picked, so that it will not be necessary to immerse them in hot water, which would change their color and cause them to lose their brightness. Neither the head nor the feet should touch water. If the head is allowed to get in hot water it will present a sickly appearance.

The market generally accepts fowls that are either scalded or dry-picked; with the exception of broilers; with the latter, dry-picking alone is allowable. Scalding also increases the tendency to decay. It is claimed that scalded fat fowls do not cook so well as if dry-picked.

An inventor of a new electric brake for automobiles claims it will stop a car moving at a speed of fifty miles an hour within forty-five feet without skidding.

The Shawville Boot and Shoe Store

New Fall Lines of LADIES' FOOTWEAR are here now.

An attractive range in Brown, Gray, Black.

Our prices are very reasonable considering the cost of raw materials and labor.

You will do well to make your selection while sizes are complete, as these goods cannot be replaced at present prices.

P. E. SMILEY.
THE HOUSE OF QUALITY.

Local and District.

The Dominion Government has passed an order-in-council temporarily taking over the elevators at Fort William and Port Arthur.

October Rod and Gun.

The following is a partial list of contents of the October issue of Rod and Gun in Canada, the sportsman's magazine published by W. J. Taylor, Ltd., Woodstock, Ont.:—Introducing Mr. Moose, The New Moose Country in Northern Quebec, The Air Pirates, Small Game Hunting in Southern Alberta, His First Deer, A Moose Hunt at Pocologan, The Woodcock, etc., etc. This issue also contains full reports of the recent trap shooting tournament at the Canadian National Exhibition, the Dominion of Canada trap shooting tournament at Sandwich and the list of winners at the C. N. E. Dog Show.

Lieut. G. D. Murphy Hero of St. Eloi Fight.

Lieut. Gerald D. Murphy, son of Major G. B. Murphy, of Moosomin, Sask., is the Lieut. Murphy, referred to in Volume two, "Canada in Flanders," as having done such heroic work in the battle of St. Eloi, is officially announced by Lord Beaverbrook. An error was made in the account of the battle, and Lieut. Murphy was credited with the brilliant exploits of the Saskatchewan boy.

Lieut. Murphy, who was attached to the 28th Battalion, was wounded and captured two months later in the Sanctuary Wood fight.—Moosomin World-Spectator.

Some Boards Will Travel Country.

Medical Board centres, from which arrangements are made for handling the large number of men called under the Military Service Act, have been established and are being established throughout the Dominion. They are distributed according to the recommendation of the general officers commanding the various military districts.

Provision is also being made for the creation of as many travelling medical boards as necessary, and some are now in process of formation.

They will visit the various centres and districts where there are no permanent medical boards.

\$6,000,000 Worth of Food Destroyed by Fire.

That \$6,000,000 worth of food has needlessly been destroyed by fire this year in Canada is stated by Mr. W. A. Howard, chairman legislative committee, Dominion Association of Fire Chiefs, in a memorandum submitted to the Food Controller.

In addition to the direct loss of foodstuffs every fire that destroys buildings or manufactured products means the loss of human energy in replacing the property, and that in turn implies a loss of food. Mr. Howard points out that if the public were educated up to the necessity of removing and destroying combustible rubbish, food economy would follow at once. The writer compares the annual per capita losses of Great Britain, Germany and Canada, Canada's loss being \$3.15 per head, Great Britain 33 cents, and Germany's only 26 cents.

Five Years---6% Municipal Bonds

Town of MONTREAL-SOUTH

Five Year Gold Bonds—in denomination of \$500, with interest Coupons at 5% payable half yearly on 1st May and November.

Offered at 98 and interest --or \$490. for each \$500. Bond--

to yield **6%**

Legality of Issue approved by Messrs Perron, Taschereau, Rinfret & Genest, Advocates

The TOWN OF MONTREAL-SOUTH is one of the four municipalities—Longueuil, Montreal-South, Greenfield Park and St. Lambert—which will eventually unite to form a City appropriate to the rapid development of the South shore of Montreal.

Write for full particulars or inquire from your Notary

RENE-T. LECLERC

INVESTMENT BANKER

160 St. James Street, Montreal

Established in 1901.

PUBLIC NOTICE

Province of Quebec, School Municipality of Shawville.

Public Notice is hereby given to all proprietors of real estate and resident householders of this municipality that the Collection Roll of School Taxes as established by the school commissioners of this municipality is now completed and remains in my office during the next 30 days for the inspection of all parties interested, and that on Saturday, November the 10th, it will be brought forward and homologated, with, or without further amendment. Such delay having expired it shall come into force and every person whose name appears on said Roll is hereby requested to call at the secretary's office during the next 20 days after the said November 10th, to pay the amount of taxes assessed on their property, without further notice.

E. T. HODGINS,

Secretary.

Given at Shawville, this 10th day of October, 1917.

Correspondents who send in items that in the editor's opinion are too personal need not be surprised nor disappointed, if said items do not appear. We would like to get the news, or accounts of happenings that are interesting to readers generally; but we have absolutely no room for gossip. The labor and cost of getting out a newspaper is too great to be wasted in that way.

Card of Thanks

Mr. and Mrs. Joseph Wall, of Morehead section, who were recently bereaved by the death of their little son, Sanford, desire through THE EQUITY to record a heartfelt expression of their thanks and gratitude for the kind sympathy extended and assistance rendered to them by considerate friends in the time of their affliction and sorrow.

In Memoriam.

In loving memory of our dear brother, Pte. Duncan B. Draper, who was killed on Oct. 21st., 1916, "Somewhere in France."

One precious to our hearts has gone
The voice we loved is stilled;
The place made vacant in our home
Can never more be filled.
Servant of God, well done!
Thy glorious warfare's past;
The battle's fought, the victory won,
And thou art crowned at last.
—THE FAMILY.

DUNRAVEN.

Oct. 10.—All the lads are wearing broad smiles around here. I guess the threshing will soon be over, eh?

Miss M. Duff of Bristol, visited her sister, Mrs. James Carswell, last week. Miss Hannah Pitt seems to be enjoying herself since she purchased her new "1918" run-about.

Miss Janet Carswell and Mr. Ernest Murray were the guests of Miss N. Moore on Sunday.

Mrs. John O'Hare has been visiting her daughter, Mrs. M. St. Germain at "the Mountain."

The new bowling alley, which has been delayed in building, will be open soon. A good crowd is expected for the opening night, which will be free to all.

Miss B. St. Germain has been visiting Miss L. Cahill for a few days.

Mr. and Mrs. James Carswell and Miss M. Duff attended Beachburg Fair, and although the weather was not the best, Jim says they had a good trip.

Mr. Richard Donnelly intends erecting a brick poolroom and barber shop at the Corner. The latter is badly needed, and the former will liven things up a bit.

Misses Violet O'Hare and E. Camp-

bell, and Messrs. T. O'Hare and Allan Costain spent Sunday with Mrs. Kinsey.

Mr. and Mrs. Charles Kavanagh visited the latter's mother on Sunday.

Messrs. Joe Belland and Allen Costain returned to South Porcupine after a short visit to old friends.

"Someone" would like to be attending one of those old-time "huskin' bees." Why not have one, Uncle?

Mr. James Ostrom drove to Barry River last Sunday to see all his old friends. What happened to the dishes, Jim?

If there is any important news we have omitted, call and ask—CUTEY.

Stray Mare

Strayed on to the premises of the undersigned on Oct. 9th, a black mare with white spot on face. Owner is requested to come and pay expenses incurred, and remove animal at once.

R. McJANET,

Oct. 15, 1917. Yarm, Que.

Stray Heifer

Strayed on to my property about Sept. 25th, a yearling heifer. Owner may have the animal by proving property and paying expenses.

JOHN H. BROWNLEE.

Tenders for Furnace Wood.

Tenders for 30 cords of good sound dry hardwood suitable for furnace, will be received by the undersigned up to Saturday, October 27. Five cords wanted at once; balance as required.

E. T. HODGINS,

Sec.-Treasurer,

Shawville School Board.

Since the beginning of the war Germany has built about two hundred and fifty submarines.

Few Roads in China.

That industrial development must stagnate so long as transport facilities are inadequate needs no emphasis, and when it is borne in mind that there is not a road worthy of the name, so much as 100 miles long throughout China, it becomes evident that the country is very severely handicapped. Certainly there are the rivers and canals, which intersect the land in every direction, but locomotion on them is naturally slow and uncertain. Railways are few and far between and serve only to connect a few of the larger centers.

Constellation of Orion.

The constellation known as Orion is referred to in Job ix, 9 and xxxviii, 31. Orion is the "giant" of oriental astronomy, and the giant was Nimrod, the mighty hunter, fabled to have been bound in the sky for impiety. The two legs and the hare in nearby constellations made his train complete.

Strange Happening.

"I saw a man with a crowd around him go up to another man and deliberately knife him without a single one interfering."

"Was he a Black Hand?"

"No; he was a surgeon."

True.

"I don't see anything remarkable about that baby."

"Oh, but you would if it was yours"

Making Home Happy.

Bess—And is she a good housewife? Sue—A pipkin! Why, the poor chap has no comfort whatever!—Life.

Contentment is natural wealth. Luxury is artificial poverty.

FALL WEATHER

Reminds us that the cold season is not far away, that our home comforts should be looked after at once. Our furnaces may need repairs, or some new stove pipes may be wanted; or perhaps we may need a new stove—as this is one of the greatest of all home comforts. If we go to DALE'S we are sure of getting an article which will give the greatest degree of comfort and satisfaction. He keeps several styles of the latest makes.

G. W. DALE PRACTICAL TINSMITH
Shawville, Que.

When you require Printing
call at

THE EQUITY OFFICE

where work is done neatly
and at moderate prices.

Pontiac's Only Newspaper.

SHAWVILLE MARBLE AND GRANITE WORKS

T. SHORE - PROPRIETOR.

MONUMENTS

I have on hand the finest stock of Marble and Granite Monuments ever placed before the public of this district. Prices are such that it will be to intending purchasers' interest to consult me before placing their order elsewhere. Nothing too large—nothing too small.

FENCING AND CEMETERY WORK A SPECIALITY

All Work Guaranteed Satisfactory.

SHAWVILLE SASH AND DOOR FACTORY.

R. G. HODGINS, Prop.

Manufacturer of and Dealer in

Doors, Sash, Dressed
Lumber, etc.

Custom Sawing.

SALE.

SATURDAY, OCT. 20th

IS SALE DAY AT DOVER'S.

All Winter Goods at red. prices.
Look over this list. Remember one day only.

Men's Fleece Lined Underwear, limit 3 suits to one customer, \$1.30 per suit.

Men's Woollen Underwear \$2.40 per suit.

" Fancy Mackinaw Coats, reg. 9.00 for \$7.95.

" Black " " reg. 8.50 for \$7.15.

" Heavy Tweed Suits (Hewson's) reg. 18.50 for \$15.00.

" Tweed Suits, fancy, reg. 13.50 for \$10.35.

" Heavy Overcoats gray (8) to clear at \$11.65.

" Fine Suits and Overcoats less 15 per cent.

Our Overcoats are nearly all last year's at old prices less 15 per cent.

Men's Sweaters less 15 per cent as low \$1.25.

Boys' and Women's wear all at reduced prices.

Eight only Men's Fur Collared Coats to clear at \$14.00.

Fifteen only Girls' Coats, ages 8 to 14, to clear at \$7.95.

Twelve Ladies Coats less 20 to clear.

Money Savers be sure to attend.
One day only. Saturday, Oct. 20.

ARCHIE DOVER