

# THE EQUITY.

No. 30, 37TH YEAR.

SHAWVILLE, PONTIAC COUNTY, QUE., THURSDAY, JANUARY 16, 1919.

\$1.50 per annum in advance  
2.00 to the United States

## THE BANK OF OTTAWA

ESTABLISHED 1874.

Capital paid up - \$4,000,000  
Rest - - - - 4,750,000

94 Branches in Canada.

### BOARD OF DIRECTORS

Hon. George Bryson, President  
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A bank well equipped to serve the public: Drafts, Money Orders and Letters of Credit issued.

Interest added half-yearly to Savings Balances.

Citizens of Cobden have approved of a by-law to raise \$1,500 to provide for the erection of a town hall.

Thefts of several sleigh robes and other articles, left for a time without guardianship were perpetrated on Friday evening last. As the night was cold and blustery, it may be that the robes at least were only "borrowed."

### O. Y. B. Officers for 1919

W. M.—W. E. N. Hodgins,  
D. M.—W. V. L. Corrigan,  
Chap.—Edgar Hodgins,  
D. of C.—C. E. Walsh,  
Lecturers—H. Findlay and Lloyd Thomson,  
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R. Secty.—W. G. Cowan,  
Treasurer—C. L. Cowan,  
Committee—G. G. McDowell, Ira McKnight, E. J. Cowan, Vincent Hodgins and Bert Horner.

\$4 buys a War Savings Stamp.  
Save—help yourself and Canada.

### BRISTOL NOTES

Again the news is old. Sorry but much has occurred since, to take the time, yet nothing of importance, just comings and goings, etc. And now nothing but influenza to write about. And there are nicer subjects.

Our Christmas trees were great successes. About fifty dollars worth of farm produce was sent to the Ottawa Day Nursery. The other tree was resplendent with presents. But the program was the best we ever had, and that is saying a great deal as Bristol usually has something good. We can easily say nice things for we had nothing to do with it. And we mean it too. After the opening exercises, and a brief address by the Chairman, Rev. F. W. K. Harris, about an hour was spent with the smaller folk in choruses, recitations and songs. Then a drill by the older young ladies was carried out with a precision that was soldierly and beautiful, and spoke of constant and careful training. The closing item was a laughable and characteristic dialogue by the young people, "Christmas at Hi Hopkin's." The jokes and splendid choruses so ably brought out by the performers were thoroughly enjoyed by all. After the National Anthem had been sung the presents were distributed.

Too much can not be said of those who were responsible for the success of the program, other than those who appeared on the platform. Owing to the continued absence in Ottawa through sickness of our organist, Mrs. Ruby McMullen, the greatest burden of the practices fell on Miss Reta Grant, who ably presided at the piano. Praise is also due to Mrs. McMillan and Mrs. Harris for the training of the children, and to Mac Drummond for the drill.

In the midst of the gloom and the sorrow of the past few months it did seem good to again meet for a bright and happy Christmas festival. Between anxiety from separation and sorrow from war, disease and death, it looked a dark season for greeting and cheer, and but for the overpowering news of peace it had been a heavy burden our hearts would have carried under the cloak of festivity. "If it had not been the Lord who was on our side, then the waters had overwhelmed us." (Ps. 124:1.)

The Bristol Y. M. B. C. met at the home of Mr. Milton Russell and after a brief social time got down to real business. Reports of the year were read by the secretary and treasurer, which showed in spite of varied interruptions the Class had a successful season. The election of officers for the year 1919 was then held. President—L. Harkness; Vice-Pres. M. Drummond; Secretary G. Meldrum; Asst-Secy M. Stewart; Treasurer J. Campbell; Asst-Treas W. McCriston; Rec-Secy H. McWhirter; Convenors of committees,

W. S. S. pay 4½% compounded half-yearly.

Kodaks and amateurs' supplies. Finishing for amateurs promptly executed. H. IMISON, Artist.

### PERSONAL MENTION

Miss H. V. Boyd, of Danville, arrived on Saturday evening to visit her sister, Mrs. C. H. Hodge.

Mr. Ernest W. McDowell, of Skull Creek, paid a short visit to his old home last week.

Miss Lillian Carruthers, of Aylwin, Que., is visiting her cousin, Mrs. C. A. L. Tucker, in town.

Miss M. A. Hodgins left on Tuesday, for Ottawa, where she will reside at 517 O'Connor St., during the winter months.

Miss Ida Morrison, who has been recuperating after a severe attack of influenza and pneumonia at her parental home, returned to Montreal on New Year's day.

Mr. H. E. Mitchem, local agent for the Renfrew Machinery Co., attended the convention of the above Co.'s agents last week at Renfrew. Mr. Mitchem won prize No. 6, for the largest output of machinery sold during the season.

### Pontiac Hockey League

Shawville 4; The Mines 2.

The above was the result of the fourth match of the Pontiac League series, which came off on Shawville rink on Friday night, according to schedule. Ice conditions were favorable to a fast game and play on the whole was of the strenuous kind, with considerable rough stuff thrown in which players on both sides participated. The result of this was that Referee Billy Smith had occasion to hand out a few major penalties to the offenders.

A bunch of Quyon sports were on deck to encourage the Miners; but the attendance outside of the local fans was not large, in consequence of bad roads.

The match—Shawville at Campbell's Bay—on Monday night did not come off owing to four of the Shawville team being on the sick list.

Educational—T. P. Graham; Religion—J. Jamieson; Social—M. Russell; Physical—A. Grant. Teacher—A. Russell.

Several items of business were undertaken by the new executive. The class voted \$30 as their share of the Victory Loan Bond (Brick Church) and \$10 of the Victory Loan Bond (Knox Church.) This splendid help by the Class makes our efforts for the Victory Loan as Sabbath Schools an accomplished fact. A short course was talked over with Mr. C. H. Hodge, who was present, and the plans for a concert with the Young Ladies' Guild discussed, also the fees and some road-work. The 1919 program was left in the hands of the new executive. Mr. Hodge then brought up some important business and after discussion and the closing exercises, a social hour was spent by the members around the bountiful tables.

The "flu" is spreading rapidly in certain quarters, but with care and common-sense on the part of those affected there need be no panic and no serious consequences. This is no child's play, it is more serious than war has been to Canada, and should not be trifled with. "Quarantine" is a law for Bristol. Obey the law, use common-sense and common-honesty with your neighbor and your community; no deaths yet, but who knows the end? As well take a bottle of poison and cause your neighbor to drink it, as having the "flu" you infect him with it. Be sure rather than sorry! Get the Doctor, rather than make your neighbor get him. Use the phone! Keep the law, and so will others.

## Prompt Returns From Shipments



When you ship Grain, Butter, Cheese or Fruit, put through The Merchants Bank a Draft on the buyer. This is the business way of securing prompt and satisfactory settlement.

It saves time and possible loss.

## THE MERCHANTS BANK OF CANADA

Head Office: Montreal. Established 1864.  
SHAWVILLE BRANCH, W. F. DRUM, Manager.  
QUYON BRANCH, A. A. REID, Manager.  
CAMPBELL'S BAY BRANCH, D. L. WILLSON, Manager.  
BRISTOL BRANCH, C. E. SHAW, Manager.

## HENRY'S SHORTHAND SCHOOL

Ottawa, Ont.

Our course includes Shorthand, Type-writing, Spelling, Penmanship, English, Correspondence, Office Work, Civil Service, etc.

Our STANDARD of instruction being 10% higher than any other, our graduates are preferred and given BETTER pay.

Our teachers know what to teach, and how to teach it, all having been practical stenographers.

It pays to attend the LARGEST and BEST.

D. E. HENRY, PRESIDENT  
Cor. Bank and Sparks Sts.

Clarendon Council, it is said, have in view a progressive road improvement program for next summer, and are already making some preparations for carrying it out. This week appear notices of Tenders wanted for hauling a quantity of gravel, and also for 15,000 feet of cedar squares, to be delivered within the next couple of months.

### Precaution Urged.

The various Boards of Health of the local Municipalities draw the attention of the public to the prevalence of Influenza in our midst and warn all to abstain from attending gatherings such as parties, dances, etc., until this wave passes over.

C. POWLES, M. D.  
Medical Health Officer.

### Marriages

#### BROWNLEE—WILSON

On Thursday evening, December 26, a quiet wedding was solemnized at the home of Mr. and Mrs. John L. Wilson, when their daughter Margaret Blythe was united in marriage to Hugh Irvine Brownlee, son of Mr. and Mrs. Jos. Brownlee, of Edmonton, Rev. H. J. Keith officiating. The bride wore her travelling suit of brown gabardine, opening over a blouse of bisque georgette and hat to match. Mr. and Mrs. Brownlee left on the midnight train for Calgary.

Amongst the numerous gifts was a cabinet of Community silver and reading lamp from the staff of Revillon Wholesale, Limited, of which the bride is a popular member.

### The Municipal Elections

Not having adopted the ballot system of voting, the elections in the village and also the surrounding municipality of Clarendon, came off rather quietly, and were over and done on Thursday night. In fact in the case of Clarendon the election proceedings were over by noon of Wednesday, the several vacancies being filled without opposition, as follows: Mayor—F. W. Thomas, re-elected, Council—Bert Hodgins, Roy Macfarlane, in room of W. T. Barber.

Ellard Hodgins, in room of M. Sinclair.  
For the village H. T. Argue was elected by acclamation; but there were six nominations for the three vacancies in Council, as follows:—J. G. Elliott, C. H. Wainman, J. L. Hodgins, C. Caldwell, Thos. Wilson and Gerald Hodgins. Mr. C. Caldwell withdrew from the contest, and when the votes were counted the three first named were found to be elected.

BRISTOL—The result of the election in this township, was as follows:

D. Campbell, mayor, re-elected  
Wm. Henderson, re-elected  
N. McLellan,  
Hugh Ross in room of Wm. Graham.

There was no polling, and everything passed off decorously and in order.

### A BIG DRIVE

FOR STENOGRAPHERS. For the past year the Civil Service Commission has been scouring the country for competent stenographers. On Feb. 18 every Branch of the Service was placed under the Commission which means that the demands are now doubled.

GOWLING Business College  
OTTAWA, ONT.

Make a specialty of preparing candidates for these examinations. Start NOW and be ready for the Fall Round Up. Our school is open all summer.

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

### EXPERIENCE

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,

Principal.

WILLIS COLLEGE OTTAWA, ONT.  
134 Sparks Street, entrance between Ketchum's & Sims.  
A position for every Willis Graduate

FOR SALE—A quantity of hay, in barn. Price on application to DUNCAN CAMPBELL, Maryland, Bristol, Que.

A FEW REAL BARGAINS:—  
1 small Upright Piano, \$75.00  
1 Doherty Organ—tone and bellows perfect, \$25.00  
1 Bell Piano—good tone, \$150.00  
1 Brantford Mahogany Cabinet—lovely tone, \$90.00  
Also new Pianos and Phonographs at right prices.  
Geo. W. PINGLE, Piano Tuner,  
40 Louise St., Ottawa.

FOR SALE—One single iron bed with spring and mattress, in good condition. Apply to DOVER'S LIMITED.

FOUND—About Dec. 17th, in Shawville, a sum of money. Owner may have same by proving property and paying for this advt. by applying to THOS DALE JR., Shawville, Box 216.

NOTICE—Will the person who was seen taking a brown fur cutter robe and a plaid cloth rug from my cutter in the Methodist Church shed on Friday night January 10th, return them at once and save further trouble!  
GOLDWIN McDOWELL.

### TO WHOM IT MAY CONCERN:

The party who is known to have taken a robe out of Jas. V. Findlay's cutter in W. A. Hodgins' shed on Friday night, January 10th, is advised to return the same to Mr. Hodgins' store forthwith, if he wishes to avoid trouble and exposure.

The Enterprise-Weekly, of Eganville has discontinued publication, and the publisher has decided to locate in Deseronto, Ont., which promises a brighter business prospect.

A report has come to THE EQUITY that there is a probability of the water power at Calumet Falls being developed this year, but like the many reports regarding this proposition that have gone by the board, for years and years past, there is nothing very definite to construct even an aerial edifice upon. Yet a realization of hopes long deferred may be nearer than we think. The waters of the Ottawa are not destined to tumble over the rocks at Calumet for ever, without some day being put to good use.

## THE HARDWARE STORE

## Look to the Future!

A feeling of optimism is abroad in the land.

The boys who have DONE THEIR BIT OVER THERE are coming home and creating a spirit of good fellowship, joy and happiness within our homes. We Canadians have no need to fear for the future. Our resources are unlimited and it is the duty of everyone to spread this feeling of optimism—to think it, to act it, to live it.

RIGHT NOW is a good time for the farmer

to keep his eye on the egg and poultry market. Prices are higher than ever. If the hens are not doing their bit, perhaps we can prescribe something to help

Don't forget we keep a good stock of POULTRY SUPPLIES

J. H. SHAW.

CANADIAN FOOD BOARD LICENSE NUMBER 8 4503

## W. A. HODGINS

SHAWVILLE

## PROFITABLE WINTER - FEEDING -

We are agents for the

## Royal Purple

Stock and Poultry Specifics

"Quality always counts."

## Calf Meal

Judging from Government Inspector's reports

Royal Purple Calf Meal is incomparably superior to all others now on the Canadian market, and is sold at about the same price—

25-lb. sacks ... \$1.75

50-lb. " ... 3.50

or 7½ cents per lb.

We learn from Government Bulletin No. 388

that other Calf Meals—some of them sold in this vicinity—contained respectfully—

2.11 per cent Fat

5.07 " " "

5.14 " " "

6.63 " " "

5.86 " " "

While of the five samples of Royal Purple taken in different sections, not one contained less than 11 per cent fat. The intelligent feeder can draw his own conclusions.

## W. A. HODGINS

CANADIAN FOOD BOARD LICENSE NUMBER 8-3551



# Soils and Crops

By Agronomist.

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete answer will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

## Cheap Housing and Labor Saving in The Winter Fattening of Swine.

One of the most common losses in connection with winter swine management is due to crippling or rheumatism. That this malady easy to contract and difficult to cure, may be practically eliminated, or rather, prevented, in breeding stock, wintered out-of-doors with open shelters, has been demonstrated beyond doubt. No ill effect has cropped up to offset this advantage. With several individuals in a small, well-bedded cabin, there is no apparent discomfort to the inmates even during the most rigorous months of the Canadian winter.

The fattening hog, heavily fed, required to make maximum gains in minimum time, would seem to require warm quarters. The energy required to offset cold would thereby be utilized for growth and fat production. Less feed would be required. While the latter premise proves true, the fact of the matter is that the swine feeder is confronted with the choice of two apparent evils,—a comparatively cold house, that because of its nature, is practically like out-doors and therefore dry, or a more expensive, tightly-built, warmer structure, that, even if ventilated, usually proves more or less damp. Crippling in hogs will appear to a greater or lesser degree under bad or good management. Damp quarters undoubtedly predispose to it. Add to this, heavy feeding, with occasional over-feeding, and the result is frequently that of several more or less crippled pigs, the whole or partial losses from which will seriously affect the winter's profits. On the other hand it has now been pretty well proven at several points in the Experimental Farm System that such losses from outdoor-fattened hogs are practically negligible and that the evidence of thrift and quality resultant, very greatly over-balances the extra cost of outdoor feeding. Cold air should in itself have no virtue. Nevertheless the open-air hog is more vigorous and healthy than the one fed in warm, dry quarters. Constantly pure air and a certain

amount of exercise would seem to be responsible.

Very little capital need, then, be tied up in winter swine feeding quarters. A low sleeping berth made of old boards and covered with straw within or near a shed for feeding purposes, is necessary. While a straw stack is frequently used for shelter, the above arrangement is better. Access to a pile of horse manure in the shed or yard will provide a certain amount of food and exercise and a very considerable amount of recreation for the hogs. Such an arrangement, as discussed, provides a dry, comfortable bed, a difficult acquisition in the fairly expensive building.

The use of the self-feeder during winter has also proven a success. The feeder or feeders must be protected by a shed, as suggested. There is no trouble from frozen troughs and the general inconvenience and waste of slop-feeding in winter. Much disagreeable labor in the cold is avoided; in fact, the man who has used the self-feeder for winter work finds it even more of a convenience than it proves in summer. As to gains and cost-to-produce, tests have proven it usually superior to the hand-feeding method. Whole, cracked, or ground corn, ground barley or barley and oats may be fed. Shorts, bran, cleaned screenings, etc., may be mixed with the above, or following the American plan, fed separately in compartments. Where corn enters heavily into the ration, tankage should be fed in a compartment by itself. Charcoal, woodashes, slaked-lime, salt, etc., or a mixture of these should be available. If nothing better, supply plenty of ashes, both coal and wood. Where dairy by-products are not available, water, preferably slightly warmed, must be supplied. Some form of watering device including a tank heater, home-made, or purchased, will prove useful where many hogs are kept. A rough rack along one side of the shed near the trough or feeder should be kept filled with well-cured clover or alfalfa hay. Enough of it will be eaten to help balance the meal ration, supply necessary and palatable roughage, and materially reduce costs.

## Horse Sense

It is often desirable to give horses a little extra attention before they are offered for sale, either at a public sale or otherwise. An animal in a nice fat condition always brings a better price than one which appears to be in a rundown condition, and one will more than be repaid for the expense of getting the animals in good marketable shape.

When it is the desire to make large gains daily, heavy grain feeding will have to be practiced and this means the cutting down of the hay supply. Twelve or fifteen pounds of hay daily will be enough for the average horse, and after that he ought to have just about all the grain he will clean up three times a day. If a horse won't

fatten when fed corn, oats and clover hay, then his digestive system must be out of condition. Of course, there are some horses that are naturally slow to take on additional flesh and they must be given individual attention. The first thing to do with one of this kind is to have his teeth examined and put in shape if they are out of order. We have in mind one case where a horse was "fattened" all winter and he never gained a pound. In the spring the advice of a veterinarian was sought and it was found that the horse had two long grinders and he actually couldn't bring his teeth together. But even when their teeth are in perfect condition, there will sometimes be individuals in a bunch that will not do well on corn, oats and clover hay. They have to be petted, as it were, and there are different ways of doing this. If one can get a horse of this kind to eat a warm bran mash two or three times a week this will often bring him into condition, and especially if you will give him a tablespoonful of sulphur once a week. A ration of molasses once a day also frequently gives good results when the animals are not otherwise doing well.

Many a good horse gets his digestive system out of condition, but he can be put back in shape and be worth a good deal of money if he is started in the right way, and that is why it is advisable to go to a little extra trouble in handling those individuals that do not respond to the ordinary ration. It may also be added that one can sometimes get greater gains by feeding soaked grain than can be made by feeding it dry. Soaking may be done anywhere from twenty-four to thirty-six hours. This applies especially to those cases where a horse is inclined to have the colic under high pressure feeding.

## Poultry

Charcoal is not a food, and may not be a panacea for all poultry ills, but it is a valuable aid to digestion, and a corrective of digestive troubles.

It is good for poultry of any age. It may be mixed with the mash, wet or dry, or fed in hoppers so that the birds may help themselves. I find it is especially valuable in fattening or forced feeding. Experiments with fattening fowls and turkeys have shown that those having charcoal have made much greater gains than those not receiving it. Finely granulated is the most convenient and desirable form for feeding it. Although supply houses usually charge a pretty good price for it in small quantities, it is comparatively inexpensive when bought by the barrel.

Bones or corn are sometimes fed for poultry, but this is inexact except on a small scale.

## Sheep Notes

The sheep shearing machine is practical. I don't think a man can shear any more sheep in a day than he can with a common pair of sheep shears if he is an expert, but the sheep shearing machine allows a novice to shear sheep without cutting them all to pieces and, too, if he is careful he can get along without cutting the fibre off twice as is done in many instances with a common pair of sheep shears.

It would be very difficult to tell a man how to use a sheep shearing machine without being there and giving personal instructions. If you can run a horse clipping machine there is no reason why you can't run a sheep shearing machine. There is more in getting the knack of holding the sheep in a proper position than there is in operating the machine itself. Of course, one man must turn the crank in operating this machine and the other man must hold the sheep. It works very nicely if you know how to hold the sheep.

There is a great knack in shearing the sheep. It isn't everybody that can do it successfully. The principal thing to do is to use the left hand back of the shears in pulling the skin of the sheep smooth and tight, then operate the machine with the right hand and you will push it all ways on a smooth surface. If you don't pull the skin smooth and tight, however, you will always have wrinkles in front of the knife which will prevent you from doing a good job. There is no danger of getting the sheep sheared too close with a sheep shearing machine. What you want

## FUNNY FOLD-UPS

CUT OUT AND FOLD ON DOTTED LINES



HERE I COME, READY OR NOT, ALL AROUND THE COAL ARE CAUGHT ONE, TWO, THREE FOR WILLIE CARROL, HIDING IN THAT SUGAR BARREL.



to do is to get all the wool off that you can.

Sheep are sheared only once a year. The staple on sheep is none too long at that. The longer the staple the better.

## MOTHER-WISDOM

### Have You Provided a Safe Medicine-Chest for Emergencies?

By Helen Johnson Keyes

The campaign for honest advertising has done more than anything else ever did to put out of business the base dealers in drugs which claim to be cure-alls. Many of these medicines have been analyzed and found to contain little more than flavored water, though selling at a high price. To sell these is dishonest, because they give no equivalent for the money paid. Far more alarming, however, are those remedies which contain morphine, cocaine, heroin, cocaine and high percentages of alcohol. These quieting drugs appease the symptoms of disease, without touching the causes; consequently the patient believes himself cured and keeps on taking the medicine to avoid the return of those distressing pains from which he sought relief. Thus the disease is concealed and may progress to a dangerous extent while the unconscious victim puts his misery to sleep and believes himself convalescent. Moreover, these quieting drugs are habit-forming. More and more of them is required to produce a given effect and to do without them becomes distressing, even an agony. Finally, in the worst cases, they create a drug fiend, a man or woman with shattered nerves, approaching insanity, a slave to morphine, heroin or cocaine.

Medicine containing these drugs or high percentages of alcohol when given to children may form in them a desire which will satisfy itself later in ruinous habits. Given to adolescent children, they may create drug-addicts and drinkers almost at once.

Beware, then, Mothers, of "medicine shows," traveling salesmen of remedies claiming to cure all the ills of mankind; of all medicines advertised in publications which do not "stand behind" their advertising. Magazines and newspapers of standing now guarantee their readers that if any goods advertised by them are proven to contain false statements about themselves, the publication will refund to the purchaser the money spent. This means that the publication employs agents to examine every article advertised by them and will not accept at any price a dishonest statement in regard to it.

Because in the country, doctors are difficult to get, there is great temptation to use patent medicines which can be bought through the man or woman which are delivered at the door. And, of course, there are well-established remedies of this kind to which there is no objection and which are prescribed by doctors at times, such as preparations of iron or of cod-liver oil but these never claim marvelous cures for deadly diseases; they are frankly tonics, meeting certain conditions of debility, with their ingredients printed on their labels.

The remoteness of medical service leads to another dangerous practice, the exchange of doctors' prescriptions between neighbors. This is perilous for two reasons. (1) Mrs. Smith's child may be tired and without appetite because her heart is not acting right and the physician prescribes accordingly; your child may be tired and without appetite because she is coming down with typhoid fever. If she takes the heart-medicine, which has made a new child of Mrs. Smith's daughter, the results are likely to be seriously bad. A doctor's prescription is written to meet an individual case, with the action of all the organs in view and understood by him, and the use of this prescription by other than the patient, is consequently fraught with dangerous possibilities.

(2) Many if not most drugs act very differently on children from what they do on grown-ups. Some which are in constant and valuable use for adults would never be prescribed for a child by a well-educated doctor. They do not cure the ailment as it manifests itself in childhood and they may produce symptoms of real danger, even if given in greatly reduced doses. Never give to a child prescriptions written for an adult, except with the doctor's permission.

There is a safe medicine-chest that should be set up in every farm house and which will meet most of the daily needs of the family, except when serious illnesses occur. When these descend upon us, doctors must be had, even though it seems impossible.

This medicine chest should contain several classes of remedies, each one carefully labeled and well corked. Medicines should not be kept so long that they are stale; they should never be put in unlabeled bottles or, what is worse still, in bottles with the wrong label. Always they should be shaken before use, for their ingredients frequently separate and if not shaken the dose may be too weak at the top and the contents of the bottom dangerously strong.

The following list may be helpful:

Laxatives: Castor oil; rhubarb and soda (for chronic constipation).

To Reduce Fever: (given after the laxative); Sweet spirits of nitre.

Antiseptics: Iodine (for bad wounds and infected ones after cleaning); peroxide of hydrogen (for surface wounds and cleansing); boric acid, or borax, (½ teaspoonful in glass of water, for cleansing surfaces and soaking sterilized instruments, nipples, and so forth).

Ointments and Lotions: Anti-phlogistine (for muscular stiffness, sprains and so forth); boric ointment (for sores); vaseline (for greasing the end of syringes, clinical thermometers, and so forth); glycerine and rose water (for chapped hands); a preparation of balsam (for chilblains); compound tincture of benzoin and a camel's hair brush for application (for sore nipples during nursing); Sellers' tablets (for a gargle and nose douche); 10 per cent. solution of argyrol (for infected or tired eyes); camphor ice (for chapped lips); flexible collodion (a sort of fluid court-plaster, to close cuts; it is very inflammable); powdered rice powder or talcum powder.

Dressings: One package of gauze; adhesive tape (a sticky tape to fasten on dressings); a pound of cotton waste; a white flannel cloth about half a yard long (to wring out in hot solutions and apply to congested parts). Half a yard of rubber sheeting (to protect beds); half a yard of oil silk (to lay over hot dressings to retain the heat); a package of clean, old, soft cloths which have been boiled, then sewed up in cloth and baked in the oven (to use in dressing wounds).

Instruments and Implements: A fountain syringe, with extra rubber tubing or a soft catheter; a clinical thermometer; hot water bag; medicine dropper.

Vinegar is an excellent antiseptic. Salt, half a teaspoonful to a glass of water, is a good gargle. Bran is best substitute for soap in cases of eczema. It should be sewed into bags and allowed to thicken the bathing water. Baking soda, a teaspoonful in a glass of warm water, half an hour before eating, promotes digestion. Olive oil, warmed, relieves ear ache. Vinegar or sugar cures hicoughs.

## GOOD HEALTH QUESTION BOX

By Andrew F. Currier, M.D.

Dr. Currier will answer all signed 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. Currier will not prescribe for individual cases or make diagnosis. Address Dr. Andrew F. Currier, care of Wilson Publishing Co., 73 Adelaide St. West, Toronto.

### A Suitably Balanced Diet.

A well-balanced diet means proper proportions of protein, carbohydrates, fats and mineral salts.

The protein substances include meats, eggs, fish, and a portion of the constituents of cereals.

The carbohydrates are starch and sugar, the first of these being converted into the second, both in plants and animals, before it is finally used as nutriment.

The carbohydrates therefore include all vegetables, for the product of every form of plant life is starch.

The fats may be animal, vegetable or mineral. Animal fat differs in quantity and consistency in different animals, vegetable fat like olive oil and peanut oil is a product of nuts and seeds; mineral fat like petroleum, is something for which the chemistry of the body has no great affinity, it passes through the body with very little change and acts mainly as a lubricant and perhaps as a stimulant to the intestinal muscle.

The mineral salts have no food value, but are very essential to the processes and tissues of the body.

We require common salt or chloride of sodium, we also require the mineral salts which are in the husks of grain which are so often foolishly destroyed.

Proteins are the tissue builders, our bodies are composed largely of protein material and as this is constantly being wasted and worn out, we renew it from the proteins we take in and absorb.

The carbohydrates and fats supply us with heat and energy, enabling the body in health to maintain an even temperature, and fat is stored up under the skin in varying quantities as a reserve for the supply of heat.

In sickness for example, it is called upon and used up and we become thin in consequence.

The mineral salts go to the blood and the tissues and are indispensable to their normal condition.

The simplest form of diet for an adult in good health, working in the open air, would be approximately 14 ounces lean meat, 17 ounces bread, 3 ounces of butter, and 3 pints of water per day.

This gives the proper proportions of protein, starch, fat, and mineral salts.

The water and the bread we may leave as constants, there is nothing which is cheaper, nothing which is more essential, and we can live on bread and water; if it is good bread of whole wheat, rye or oats and

good water, we could live on it a long time without starving and do hard work.

It would not be a pleasant diet, but a great many people get nothing else and perhaps are glad to get that.

Butter at present prices is prohibitive to many, oleomargarine accomplishes the same end at a third of the cost, or fat may be supplied by various oils, cotton-seed, olive, peanut.

Meat, at present prices, is also prohibitive in large families with small incomes.

Where the income is sufficient the tendency with us is almost invariably to eat much more than is necessary or desirable.

Except for those whose work is severe, meat once a day should suffice. The albumen, the protein we need for the blood and tissues we may get from cheese, milk, fish and cereals at less cost than from beef, mutton, and chicken, and usually with greater benefit.

Frequent use of white beans is most desirable.

Of the essential elements they contain about 56 per cent. of starch, 26 of albumen, and 3 of fat.

Potatoes contain only 30 per cent. of starch and 3 of albumen, while the rest is mostly water.

Rice, on the other hand, which is far cheaper than potatoes, and is the staple article of diet of the majority of the people in the world, contains nearly 89 per cent. of starch and 8 of albumen.

Surely there are no healthier nor finer people than the Scotch who live largely on oat-meal with its 61 per cent. of starch and about 24 of albumen and other nitrogenous material.

Spaghetti or macaroni when cooked with cheese is one of the most nutritious and economical of foods.

The fruits are luxuries, they are agreeable to the taste and in many cases help digestion, though in many others their acid cannot be tolerated. Milk is the perfect food and even at present prices is the most economical that can be placed before adults as well as children.

Never throw away anything that can be eaten, that has in any sense a food value, including many of the things which now go to the garbage pail for the benefit of the cats and dogs.

Unless these things had a food value the animals would not pick them out and if you are particular in this respect you may be sure it will make a money balance in not a very long time, which can be profitably used for other purposes.

## WAR SAVING STAMPS.

Cost \$4.00.

They may be had at any bank, post office and the principal railway stations.

\$5.00 will be paid by the Government for them in 1924.

They are backed by the credit of Canada.

### THRIFT STAMPS.

Cost 25 cents each.

They are a means of buying a War Savings Stamp on the instalment plan.

Sixteen of them may be exchanged for a War Savings Stamp.

They may be had wherever War Savings Stamps are sold.

### Use for a Mattock.

In tearing down old buildings, either brick or frame, my experience is that no tool is superior to a mattock. Especially is this true if the structure is frame and it is desirable to remove the lumber without splintering or breaking it. Used properly it becomes a giant claw hammer. The hoe part, owing to its relatively broad surface, enables the operator to press off the boards without splintering them around the nails; the ax part makes a good fulcrum: while the handle, if it be strong and of usual length, provides a lever that has great prying strength. For removing siding, weatherboarding, sheathing, or prying loose firmly nailed timbers, it is far better than the curved wrecking bars that constitute a part of every carpenter's kit of tools.

I find the following method of using the mattock the one that gives best results: The hoe part of the tool is inserted under the edge of the board that is to be pried loose, if possible between it and the timber to which it is fastened; a gentle backward or forward bending of the handle invariably starts the board, giving an opportunity to obtain a better "bite." A repetition of the movement a time or two enables the operator to press the board entirely free from its fastenings. Generally it will be found that the point of the ax bears just right to furnish the best kind of a fulcrum. A little trying and fitting will enable the operator to discover the position that renders the tool capable of doing the most efficient work.

When a hole comes in linen, place a piece of white paper under the hole. Machine closely together in the length, then across the breadth. When the linen is washed the paper comes away and leaves a neat darn.

## Food Control Corner

The demand for Canada's animal products during the re-construction period of Europe will be as great as, or greater than the demand during the war, according to those in touch with the situation.

Canada will have a net war debt of about \$1,300,000,000 for war expenditures alone by March 31st next. Her exports of animal products increased during the war from \$53,400,000 in 1913-14 to \$172,700,000 last year. The opportunity exists for holding this trade and paying off Canada's war debt inside ten years by live stock alone.

"The feed situation in Canada is now excellent," declared an official of the Feed Division of the Live Stock Branch at Ottawa. "There is plenty of feed offering, both Canadian and imported. There is plenty of corn, plenty of concentrates, plenty of screenings. The Dominion Government have a reserve of 100,000 bushels of corn offering at \$1.40, f.o.b. Tiffin, Ont., 25,000 tons of linseed oil meal in 200 pound sacks at \$64.00 a ton f.o.b. Toronto, and \$66.00 f.o.b. Montreal.

"There seems to be a big supply of flaxseed in the country for the oil crushers are all busy now. Bran and shorts are purchasable on the open market to-day in straight carload lots, without the war-time necessity of buying flour as well as mill feed. We have 15,000 tons of screenings at Port William and we are offering No. 4 yellow corn throughout the Western provinces on a basis of \$1.40 a bushel, f.o.b. Minneapolis. There is a plentiful coarse grain crop throughout the greater part of the country, farmers having sown mixed barley and oats for feed purposes to a larger extent than usual. So with the government reserves and the commercial offerings there is no danger of feed shortage in Canada. Nobody need worry about that."

Many mean men are men of means. A rich deposit of asphalt has been discovered in the Philippines located so near the waters edge that no inland transportation whatever is necessary.

Vitamines exist in their best and purest form in milk, and in a less degree in green vegetables and in whole grains. The fat-soluble is in the fat globules of the milk that form cream, and the water-soluble is in the skim milk. Both are unharmed by cooking.

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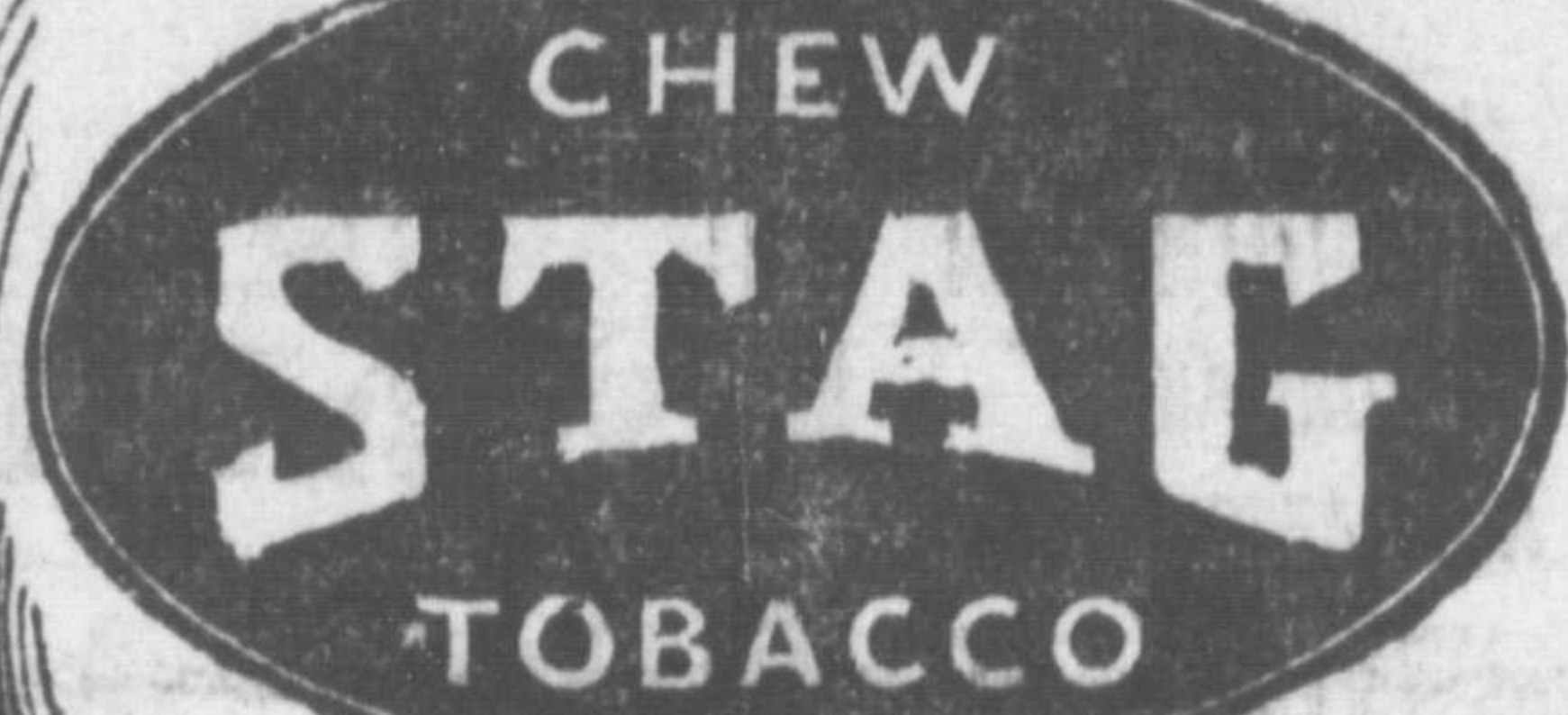
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Being manufacturers and not buying to resell we always assure the fairest grading and the highest market prices. Quick returns!  
No price list issued but we guarantee to hold your skins separate until you accept or reject at our offer.



### WHAT SOLDIERS WANT.

A suggestion to those who are sending gifts to soldiers overseas comes from Lt.-Col. (Canon) Frederick George Scott, Senior Chaplain of the First Division, in a cable received by friends in Montreal. He says "The men want playing cards and chewing tobacco."



"Ever-lastingly Good"

## THE ARMY FOOD DRIVE

FOOD WASTAGE WAS A SCANDAL OF EARLY WAR DAYS.

To-Day There is Hardly an Item "Left Over" That is Not Put to Some Use.

In the summer of 1916 a definite movement was inaugurated to conserve and control Army food consumption, but most of all to put a check on the hideous waste that was sacrificing untold tons of supplies every year, says a war correspondent.

The only way to get efficient cooks was to train them, so schools of cookery were started. The course of instruction lasts four weeks, at the end of which he is required to pass an examination. If he meets all requirements he is given a small card, which certifies that he has completed the course in the School of Cookery, and it becomes his passport into the zone of full-fledged Army cooks. Since the establishment of these schools 42,000 graduate cooks have been turned out.

The stock-pot is a very important first aid to Army food saving. It is usually a huge kettle, in which all surplus meat and bones are dumped, and which becomes the sanctuary of the justly famous Army stew.

This constant supervision of cooking not only reduced waste, but enabled the British Army to curtail its rations considerably during 1917. Two ounces a day were pinched off the allowance of breadstuffs, except in the cases of soldiers under nineteen, who have the prize appetites of the Service. The salt ration was cut down by one-fourth of an ounce per man a day, and a considerable saving was effected in the consumption of tea.

#### Kitchen Refuse.

Although this whip-hand over waste reduced the ration, and eliminated extravagance in the preparation of food there was still an enormous sacrifice in the kitchen. Every day in the hundreds of Army cook-houses the leavings were dumped indiscriminately into the garbage heap. These represented, in the course of a year, thousands of tons of bone and fat which had commercial value.

As long ago as 1915 England realized that she was paying an excessive price for glycerine, which is one of the essentials in the making of high explosives. The soapmakers in the United Kingdom notified the Government that, owing to the abnormal price for gly-

cerine—it was \$1,250 a ton, against the pre-war price of \$250 a ton—the American soapmakers were in a position to sell their product abroad at a price with which the British manufacturers could not compete.

#### Glycerine From Fat.

In order to understand the connection between soap-making and glycerine (from which nitro-glycerine is made) you must first know that animal fat produces soap. One of the by-products of soap-making, in turn, is the much needed and now highly-prized glycerine. One hundred pounds of fat produces ten pounds of glycerine. Before the war, and when there was only a normal demand for high explosives, glycerine had to be content to occupy a place in the industrial catalogue as a mere by-product. Since the war the tail wag the dog, and glycerine is as rare and almost as precious as gold. Now you can see why the American soapmaker could afford to sell his product for a song in the United Kingdom.

No wonder the British soapmakers were up in arms. The government at once got busy. It prohibited the importation of soap from the United States, and decided to collect all the fat from the Army camps, and use it for the double purpose of producing British-made soap and British glycerine for British shells. Here you have one of the many side-lights on that growing self-sufficiency of the Empire, which will be a tremendous weapon now that the war is over.

An agreement was entered into between the Army, the Government, and the soapmakers. The Army agreed to turn over all the by-products of camp and kitchen to the soapmakers, and the soapmakers, on their part, undertook to supply the Ministry of Munitions with all the glycerine extracted from the fat at the pre-war price of \$250 a ton. The scale of prices for all refuse would depend upon the market variations, and would be fixed each month by a group of manufacturers known as the Committee for the Purchase of Army Camp Refuse.

Now began the great mobilization of waste products. It was easier said than done. Here was the problem. In thousands of camps the grease and bones were dumped out every day. Obviously, all this litter could not be conveyed to England.

#### Waste Products Utilized.

A chemist in the Royal Army Medical Corps—Captain Ellis by name, who was an Assistant Inspector of Catering—invented an apparatus known as the Ellis Field Fat-Extracting Plant. In this process the rough fat and bones collected from the camps are treated in boiling tanks, through which superheated steam is passed. The fat is run out, put into barrels or kegs, and despatched to England to the Committee for the Purchase of Army Camp Refuse.

The conversion of actual meat refuse into fat for soap-making is only one phase of the utilization of waste products. Bones compete with dripping in salvage importance. After all the fat is boiled out of the bones—one hundred pounds of bones produce ten pounds of fat—the remains are used for the manufacture of tooth and nail brushes, while the small pieces are crushed and sold for fertilizer.

Even the scraps from the soldiers' plates are utilized. When you go to an Army mess-hall you will observe that every soldier files out plate in hand. Outside the door he stops at a tub, and scrapes all the leavings on the dish into it. These leavings are dried and chopped up for chicken food. Breadcrumbs are treated in the same way.

#### Facts and Figures.

I can give you no better idea of the results of these salvage operations than to say that last year enough glycerine was obtained from Army fat to provide the propellant for 18,000,000 eighteen-pound shells. This means that approximately 1,800 tons of glycerine were obtained from the refuse of the camp-kitchens.

The gross income from the sale of by-products alone last year was \$3,850,000. Add to this the saving in the cost of glycerine, and the value of the reduction in rations brought about by the supervision of cooking and other economies, and you get a total saving estimated to be not less than \$80,000,000. A larger phase of this conservation lies in the fact that it enabled a considerable amount of food to be released to the general public. At the same time, the Army and Navy got all its soap free of charge.

War is not all waste!

#### Comrades in Arms.

(The following lines were written by a Chicagoan last Spring for private circulation among acquaintances. As the sentiment shown is interesting even yet in victory, perhaps it may not be amiss to publish them as showing how Americans felt during the great German endeavor to crush the Canadians, English, French and their Allies before American aid in strength could reach them.)

Ho, Freeman, sound the last advance,  
Ho, bugles, blow to-day,  
Before the Allied front in France  
The Hun is giving way:  
Now glory to the Lord of Hosts  
Unto God glory be—  
Who gives us victory in the fight  
For human liberty.

Now many a mile of khaki-line  
Beneath "Old Glory" cheers,  
Ho, maidens, lift your hearts to-day  
And, mothers, steel your fears;  
Our Brothers of the North went first,  
We follow where they led,  
To fill the thinning ranks of war  
Above their hero dead.

Ho, men of Canada, we come  
As brothers at your need,  
For common speech and common home  
And common life and creed;  
The Union Jack and Stars and Stripes  
Have joined to win the war—  
Now glory to Almighty God  
From Whom all glories are.

Ho, Freeman, sound the last advance,  
Ho, bugles, blow to-day,  
Before the Allied front in France  
The Hun is giving way:  
Now glory to the Lord of Hosts  
Unto God glory be—  
Who gives us victory in the fight  
For human liberty.

—Hugh Malcolm McCormick.

#### SUBSTITUTES FOR GLASS

Enormous Quantities Needed in the Reconstruction of Europe.

The shortage of glass, of which enormous quantities have been destroyed, is likely to be seriously felt in the reconstruction of Europe, and recent fairs at Lyons and Paris have exhibited numerous substitute materials, including some translucent ones that may be used for the windows of such places as cellars, stables and garages. Transparent, though somewhat costly, are siloxides, a bluish glass of silica and such acid oxides as those of zirconium and titanium, and artificial mica, an electrically fused mixture of green sand, bauxite, magnesite, and alkali.

Excellent substitutes of somewhat imperfect transparency are numerous cellulose products, sheet gelatin, various products of casein and albuminoid substances, and a synthetic resin of phenols condensed with formal.

A very cheap material consists of two sheets of paper united by translucent glue, with strengthening hemp strands between, the outside being coated with flexible waterproof varnish.

A better waterproof substitute, which is known as "vitro-cello," and may be made into glass-like panes, consists of light metal lattice work coated with non-inflammable film, and a similar material—"flexible glass," made by coating muslin, gauze or fine metal cloth with a flexible film—may be rolled up when being transported.

### Laugh When People Step On Your Feet

Try this yourself then pass it along to others. It works!

Ouch! ? ! ? ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn stops soreness at once, and soon the corn dries up and lifts right off without pain.

He says freezone is an ether compound which dries immediately and never inflames or even irritates the surrounding tissue or skin. A quarter of an ounce of freezone will cost very little at any drug store, but is sufficient to remove every hard or soft corn or callus from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels.

#### TO PLEAD HER CAUSE.

Germany Systematically Canvassed French Prisoners.

When it was evident that the end of the war was near, Germany made a systematic canvass of French prisoners of war in an effort to find men who would plead the case of "New Germany" in France, according to statements made by soldiers who have returned from enemy prison camps.

This work began late in October, but the efforts of the Germans were redoubled early in November, it is said. The French prisoners were told that the German Socialists wished nothing more than to live on friendly terms with their French comrades. German agents said they wanted to get in touch with French deputies to announce the complete triumph of Socialistic ideas in Germany, and to convince them of the necessity of clearing up difficulties between the two countries, the prisoners say.

George Ledebour, the German Social Democratic leader, asked a subordinate French officer to impress upon his comrades the importance of uniting the proletariat of Germany and France and impressing the French Government with the plea that the armistice terms be made less onerous, it is said. Later, another French officer is reported to have been brought before Dr. Edouard David, one of the German Secretaries of State, who received him cordially and urged that Germany must be fed, and said there was a necessity of mitigating the terms of the armistice, especially as to the clause calling for the delivery of railway material.

#### Beets for Influenza.

An Austrian doctor, having discovered that beets were a preventive of and remedy for influenza, gave his patients a plateful of beet salad as soon as the fever set in, and within eight hours after they had eaten the beets the fever would leave them—so he asserted. According to a report from the Hague, this alleged cure on becoming known in Holland led to such a demand for beets that the price advanced to 40 cents each, whereas before the war they had cost about two cents.

#### Minard's Liniment Cures Diphtheria.

#### A Curious Plant.

In the desert of Sonora, Mexico, there is a plant, the guarqui, which husbands its water supply. The guarqui is a relative of the squash and pumpkin, and inhabits a locality in which practically all the rain falls within a period of six weeks. The base of the stem is swollen to form a hard, woody structure which in time attains the size of a large squash. It is really nothing more than a vegetable reservoir designed to hoard up the scanty moisture and dole out the precious fluid in time of need.

## A Health Saving Reminder.

Don't Wait until you get the Spanish Influenza. USE

## Minard's Liniment

At the first sign of it. Its Healing Qualities are amazing. THE OLD RELIABLE.

MINARD'S LINIMENT CO., Ltd.  
Yarmouth, N.S.

#### Quebec's Great Drydock.

Quebec's new drydock, which is one of the largest in the world, is practically complete. It has been under construction for the past four years. The structure is situated on the south bank of the St. Lawrence River and has a length of 1,150 feet and a breadth of 120 feet. It is divided into two compartments, the inner of which is 650 feet long. A floating caisson closes the interior entrance while a rolling caisson has been provided for the outer one. Although four hours may be required for filling the dock, its pumping equipment, designed to deliver 6,300 gallons a minute, is expected to empty it in about two and a half hours.

#### MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

#### Origin of Khaki.

Several years ago in India, a company of English troops grew weary of exposing themselves in white cotton uniforms to the fire of the enemy snipers. So they adopted nature's good old law of protective coloring and daubed their uniforms with mud from the banks of one of the sluggish streams. Those who direct the affairs of the army in India heard of this camouflage and proceeded to make some interesting experiments. What they discovered evidently pleased them, for eventually a uniform of this color as a standard was adopted for all the troops in active service in the East. Khaki, the name given the color of the new uniforms, is the Hindu word for muddy.

#### Minard's Liniment Cures Distemper.

Save the bacon rinds and cook them with lentils or dried peas for soup, or broil them with beans or cabbage to give these vegetables a good flavor.

ED. 7.

ISSUE 2-19.

## The Weekly Fashions



The Gertrude serves as either a slip or a petticoat, buttons on the shoulders, and the drawers are either plain or gathered at the knee. McCall Pattern No. 8680, Girl's Set of Underwear. In 6 sizes, 2 to 12 years. Price, 15 cents. Transfer Design No. 856. Price, 10 cents.



When one desires a combination of materials, this design offers an excellent opportunity to contrast two attractive fabrics. McCall Pattern No. 8665, Ladies' Semi-Fitted Dress. In 6 sizes, 34 to 44 bust. Price, 25 cents. Transfer Design No. 924, price, 15 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

#### Minard's Liniment Cures Colds, &c.

Old wallpaper can easily be removed by applying to it freely with a brush a liquid made by adding one heaping tablespoonful of saltpeter to a gallon of hot water. The water should be kept hot. A whitewash brush is best to use.

## How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

## HIRST'S PAIN EXTERMINATOR

DON'T SUFFER PAIN—BUY HIRST'S! and be prepared against attacks of rheumatism, lumbago, neuralgia, toothache and earache. Equally effective for relieving swollen joints, sprains, sore throat and other painful ailments. For over 40 years a family friend. Don't experiment—buy Hirst's—always have a bottle in the house. Has a hundred uses. At dealers or write us. HIRST REMEDY CO., Hamilton, Canada.

35¢ BOTTLE

## Hotel Del Coronado

Coronado Beach, California

Where the balmy yet invigorating climate makes possible the enjoyment of outdoor sports throughout the Winter months.

POLO, GOLF, TENNIS, MOTORING, FISHING, BAY AND SURF BATHING

Write for Winter Folder and Golf Program.

JOHN J. HERNAN, Manager

#### FOR SALE

WELL-EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,500 on quick sale. Box 63, Wilson Publishing Co. Ltd. Toronto.

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell \$2,000. Worth double that amount. Apply J. H. de Wilson Publishing Co. Limited, Toronto.

#### MISCELLANEOUS

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

#### Baby's First Christmas.

They took away my bottle And they gave me toys and drums—I wonder do they act like that Whenever Christmas comes? I'm glad it's only once a year— They make such noises in my ear.

Minard's Liniment Cures Garget in Cows

## ASTHMA INSTANTLY RELIEVED WITH ASTHMADOR

OR MONEY REFUNDED. ASK ANY DRUGGIST or write Lyman-Knox Co., Montreal, P.Q. Price 65c.

## DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis

## FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2.50 a bottle delivered. Book & free. ABSORBINE, JR., for man, the all-purpose liniment for Boils, Blisters, Sores, Swellings, Venous Ulcers, Ailments and Inflammation. Price \$1.25 a bottle at drug store or delivered. Will tell you more if you write.

W. F. YOUNG, P.O. F., 515 Lyness Bldg., Montreal, Can.

## DON'T NEGLECT A RHEUMATIC PAIN

Go after it with Sloan's Liniment before it gets dangerous

Apply a little, don't rub, let it penetrate, and—good-by twinges! Same for external aches, pains, strains, stiffness of joints or muscles, lameness, bruises. Instant relief without mussiness or soiled clothing. Reliable—the biggest selling liniment year after year. Economical by reason of enormous sales. Keep a big bottle ready at all times. Made in Canada. Ask your druggist for Sloan's Liniment.

## Sloan's Liniment Kills Pain

50c., 60c., \$1.20.

## FACE A FRIGHT WITH PIMPLES

Also On Back. Kept Awake. Cuticura Healed at Cost of 75c.

"My face and back were all broken out with pimples, and my face was a fright to look at. The pimples festered and were scabbed, and were so itchy that I scratched until the skin was sore and red. They kept me awake at night."

"When I saw Cuticura Soap and Ointment advertised I thought I would try them. I was completely healed after using one box of Cuticura Ointment and one cake of Soap." (Signed) Miss Mary Hastedt, Cottam, Ont., August 19, 1917.

Keep your skin clear by using Cuticura Soap and Ointment for every-day toilet purposes. Nothing better. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Get the genuine at druggists.

## The handiest kind of lunch

for a hungry boy or girl, is a dish of

## Grape-Nuts

Eaten direct from the package it doesn't bother Mother and with milk or cream it's delicious.

Have you ever eaten

## Grape-Nuts?

Canada Food Board License No. 2-026



## THE EQUITY.

SHAWVILLE, JAN. 16, 1919.

It is expected the Dominion Parliament will meet early in February for the dispatch of business. Members of the Cabinet who are in Ottawa at present are very busy, it is said, preparing for the work of the session, which is expected to be an interesting one.

Until the question of Peace has been definitely settled it is intimated that the Allies will maintain a large military force in occupied German territory, which indicates that no risks will be taken in dealing with an enemy that planned to dominate the world. It is probable, therefore, that many months will elapse before a considerable number of Canadian soldiers are permitted to return to their homes.

The city of Berlin, which was spared from the ravages of the war, has been the centre of severe political conflict, attended by much bloodshed and destruction of property, since the New Year set in. Unless one of the several factions that are fighting each other, succeeds in gaining sufficient support to crush out its rivals, the self-effacement of Hunland seems inevitable. How are the mighty fallen!

Nothing short of absolute free trade for Canada, is the goal which the farmers of Ontario and the West are said to be aiming for. Forty years ago we had the experience of a modified form of free trade, and those of us who are old enough to remember, know what it did for the country. If they wish the lesson to be repeated, they will in due time have the opportunity. Just how the free traders purpose raising the large revenue that is now necessary to carry on the government of the country, does not seem apparent from statements thus far made public.

## TO RECLAIM DISMAL SWAMP

Engineers Have Long Had Their Eyes on Picturesque Wilderness Which Can Be Made Valuable.

Dismal Swamp, which lies just south of Norfolk, Va., partly in that state and partly in North Carolina, is one of the most picturesque wildernesses in the eastern United States. Although it may be reached from the bus, port of Norfolk within a few hours by a boat which plies daily up and down a small canal, the Dismal Swamp remains an unspoiled wilderness where black bears and panthers still roam, while the smaller creatures of the wild exist in abundance.

The thick jungles and countless bogs at once offer perfect hiding places for the wild things and obstacles to the hunter which are often impassable. Then, too, the swamp is alive with snakes—the deadly copperhead and moccasin being especially abundant—and this fact alone detracts considerably from the popularity of the place as a pleasure resort.

It is nevertheless regularly visited by some hardy hunters, and is the delight of naturalists and scientists of all kinds, who here find what they most love—unspoiled, primitive nature.

The Dismal Swamp has great possibilities of future usefulness. In the first place, it contains some of the deepest and richest deposits of peat in the United States, and this fuel is undoubtedly to be used in this country in the near future. Furthermore, engineers say that the swamp can be drained, and that it will then become one of the richest bits of farmland in America. Indeed, one man has already demonstrated this by draining a few hundred acres of the swamp and raising phenomenal crops on it.—Chicago Daily News.

## WORK ALONG WRONG LINES

Writer Points Out Imperative Need for Change in Present Legal and Charity Systems.

A change in our legal system must be made which will take account of the complex life of the present, as against the old-fashioned form of living, which brought with it temptation, greed and jealousy. Persons who, on account of wrong environment, have stooped to illegitimate means to attain their ends should be corrected, with discipline if you please, but not with brutal punishment. After correction they should have the chance to make an honest living; they should not be ostracized as at present, so that there is nothing else left for them to do but to return to a life of crime which sooner or later reaches the depths, when the state is forced to spend thousands and thousands for their upkeep.

The creation of beggars has never been due to the exercise of kindness. All beggars are made, more or less, by the charity system. With charity abolished and every individual understanding that we are all born to work and enjoy our work in accordance

## FARM FOR SALE

Being Lot No. 19, in the 1st range of Litchfield, and part of Lot No. 28, in the 6th range of Clarendon, containing in all 119 acres, about 75 of which are cleared. The premises are well built upon and well watered and fenced. Soil chiefly clay. About 40 acres have been fall-ploughed and ground is in good order. Located two miles from Bryson and 4 miles from C. N. R. Station. Reason for selling—have purchased a larger farm. For terms and further particulars apply to

EDWARD DALE,  
R. R. No. 1 Shawville.

## IRWIN S. COBB ON SALVATION ARMY

From "The Saturday Evening Post"

I have yet to meet any soldier, whether a brigadier or a private, who, if he spoke at all of the Salvation Army, did not speak in terms of fervent gratitude for the aid that the Salvation Army are rendering so unostentatiously and yet so very effectively. Let a sizable body of troops move from one station to another and hard on its heels came a squad of men and women of the Salvation Army. An army truck may bring them, or it may be that they have a battered jitney to move them and their scanty outfits. Usually they do not ask for help from anyone in reaching their destination. They find lodgings in a shell of a house or in the corner of a barn. By main force and awkwardness they set up their equipment, and very soon the word is spread among the troops that at such and such a place the Salvation Army is serving free hot drinks and free doughnuts and free pies. It specializes in doughnuts, the Salvation Army in the field does the real, old fashioned, home-made ones that taste of home to a home-sick soldier-boy.

I did not see this, but one of my associates did. He saw it last winter in a dismal hole on the Toul sector. A file of our troops were finishing a long hike through rain and snow, over roads knee deep in half-thawed, icy slush. Cold and wet and miserable, they came tramping into a cheerless, half-empty town within sound and range of the German guns. They found a reception committee awaiting them there—in the person of two Salvation Army ladies and one Salvation Army captain. The women had a fire going in the dilapidated oven of a vanished villager's kitchen.

One of them was rolling out the batter on a plank with an old wine bottle for a rolling pin and using the top of a tin can to cut the dough into circular strips. The other woman was cooking the doughnuts, and as fast as they were cooked the man served them out, spitting hot, to hungry, wet boys clamoring about the door, and nobody was asked to pay a cent.

with our fitness for the work we are called upon to do, there will be no need of charity, and crime and disease will be lessened tremendously.—Editorial by Misha Appelbaum in L. J. Manhattan.

## "Shinplasters."

One of the curious forms of money to which the United States government has resorted was the "shin-plaster currency." These bits of paper money were called "shinplasters" by reason of their size and not because of the use to which they were put. It was a strange condition of affairs which led to their issue. The Civil war had put a great strain on the finances of the United States. Metallic money grew scarce. In the first place it was exported and in the second place it was hoarded in vast sums. The government had issued "greenbacks" to take the place of silver dollars and five and ten dollar gold pieces, and as dimes, quarters and halves had also grown scarce it was decided to issue fractional paper currency. It was seriously needed, because there was great inconvenience throughout the country from a lack of small change. Merchants used postage stamps, tokens of various forms, their own "promises to pay" or script, and even buttons were employed as small change, to be later redeemed by the merchant in goods. It was to meet such conditions as these that the government issued small paper notes in denominations of 10, 25 and 50 cents.

## Pronoun Little Used.

The form "thou" has held its place in the language, with occasional use, for sixty years. It is defined as meaning "That one; he, she, or it; a pronoun of the third person, common gender; a contracted and solidified form of 'that one,' proposed in 1858 by Charles Crozat Converse of Erie, Pa., as a substitute in cases where the use of a restrictive pronoun involves either inaccuracy, or obscurity, or its non-employment necessitates awkward repetition." As an example is given the substitution of "Each pupil must learn his or her lesson."—Literary Digest.

## Try a Rumor Next Time.

Snitcher—Listen, Tellit, I've got to get another room. I don't like the landlady.

Tellit—Why not?

Snitcher—She asks too much of me. Wanted me to take a room upstairs the other day, when I couldn't even get my arms around her, let alone the room.—Cartoons Magazine.

## FOR SALE

1 Double Sleigh, in good order,  
1 Empire Typewriter,  
1 Eureka Sanitary Churn,  
1 set Heavy Harness, American style with britches,  
4 sets of Beecham, complete,  
2 sets of Cart Harness,  
1 New Century Washing Machine, almost new.  
1 barrel of Yellow Paint.  
Apply G. A. HOWARD,  
Shawville, Que.

## Heir to Serbian Throne

Is Very Able Commander

And Popular With His Men

**A**FTER three years of exile the Serbian troops have returned to their country in triumph accompanied by their commander-in-chief, Crown Prince Alexander. He loves his army. He has grown up with it, beginning as a corporal in the 6th Infantry Regiment, rising to the rank of colonel, and finally that of commander-in-chief.

As commander of the First Army in 1912, he won the brilliant victories of Kumanovo, Prilep and Bitolj (Monastir). He was the first at the head of his army to enter Skopje, the capital of Tsar Dushan of glorious memory, and into Prilep, the birthplace and home of Kraljevic Marko, the Jugo-Slav national hero. In this world war, honor fell to the Serbian army in August, 1914, on the Yadar and the Cer, in the western portion of Serbia, scoring the first great Allied victory when, under the command of Marshal Putnik Mishitch and Stepanovitch, they de-



CROWN PRINCE OF SERBIA.

feated the first Austrian offensive. On the Ruenik (a mountain in the heart of Serbia) the Serbs again beat an army of 300,000 Austrians to his knees, and within ten days threw it back across the Sava and Drina, when the enemy fled panic-stricken across the plains of Symnia and Brant as far as Subotica, 50 miles north of Belgrade. The Austrians were so badly beaten that they no longer ventured to attack Serbia single-handed, and the country was left at peace for a full year.

In the autumn of 1915, the united armies of the Austrians, Germans and Magyars under Mackensen's command, with the assistance of the Bulgars, and the indirect help of the treacherous King Constantine, attacked Serbia from three sides upon a front of 800 miles with three times superior forces. The Serbian troops defended their ground foot by foot in expectation of the Allied help, which failed to arrive in time, and finally found themselves compelled to retreat across Albania to the Adriatic. In Skadar (Skutari) the Crown Prince fell ill, and had to undergo a dangerous operation.

When the Allies proposed that the Prince Regent be transferred to Italy for his recovery, he refused to leave Albania until the last Serbian soldier had embarked. After this heroic retreat, disaster and agony, fortune began to smile once more upon the Serbs. After two years of close watch in the trenches, the Serbian army, with the Allies, advanced more than 50 miles on a front of 15 miles, surmounting terrible difficulties in this mountainous region. Then came the glorious ending of the war and the return to Belgrade.

## Shop Talk.

Wife—Did you kill that fly, dear?  
Aviator-Husband—No, but I drove it down in a badly damaged condition.

## Sound Notes That Never Vary.

Small splinters of the wood of old Cremona violins, when vibrated with a bow, have been found to give invariably the same note; and that note is always a tone higher when the wood is taken from the belly of the instrument than when it comes from the back.

## Hangman Grants Reprieve.

Sullivan and Johnson, two Manitoba murderers condemned to death on the gallows, obtained a five days' reprieve through Ellis, the hangman, being unable to reach Winnipeg by the date set for the execution.

## Union Coming.

In Brockville the representatives of the Presbyterian, Methodist and Baptist churches will hold service in common during the winter months, such conservation being the object but church union the distant objective.

## BERT WAINMAN

WATCHMAKER  
AND JEWELLER  
SHAWVILLE, Q.

A stock of Victor Victrolas and Victor Records

## REPAIRING

Bring your watches and Jewellery needing repairs to us. We specialize in this class of work and assure you satisfaction.



Rheumatism, Kidney, Stomach and Asthma Trouble Promptly Cured.

VICTORY RHEUMATIC AND KIDNEY CURE  
LARGELY USED WITH VERY GREAT SUCCESS.

For rheumatism or kidney trouble, this medicine has no equal, and it is highly recommended for indigestion, dyspepsia, biliousness, sick or sour stomach, headache, bitter taste in mouth, loss of appetite and asthma. If you have a sore back or sluggish kidneys, two to five doses will remove the trouble.

A. J. Miller, grocer and baker, Renfrew, writes: "I had rheumatism in my shoulders for over a year. I used two bottles of your Victory Rheumatic and Kidney Cure, and I am free from all pain and stiffness."

C. McCabe, R. M. D. No. 5, Renfrew, writes: "I was troubled with rheumatism for over fifteen years, and at times unable to work. Two bottles of your remedy cured me."

Mrs. Harry Grace, 500 Plaudit St., Renfrew, writes: "I was troubled for years with indigestion and tried all kinds of medicine. Two bottles of your Victory Rheumatic and Kidney Cure completely cured me."

Mr. D. M. Robertson, Renfrew writes: "I have not had an attack of asthma or coughing since I took the fourth dose of your remedy."

Sufferers should secure a supply of this splendid remedy at once from Shawville Drug Co., Shawville, Que.; Conlonge Supply Co., Fort Coulonge, Que.; J. L. Rochester, Ltd., Rideau St., Ottawa; M. Joyce, Quyon, Que.; or direct from the manufacturer W. F. Ritchie, Box 296, Renfrew, Ont.

Price 75c. per bottle. In remitting for mail orders, add sufficient to cover postage.

## NOTICE OF MEETINGS ORANGE HALL, SHAWVILLE:

CRIMSON ARROW R. B. P. No. 852 meets at Charteris second Wednesday of each month.

SIR KNIGHT R. H. RUTLEDGE, W. P.  
SIR KNIGHT T. TUCK, REG.

O. Y. B. LODGE, No. 304, meets 2nd Wednesday of each month at 8 p. m.

W. E. N. HODGINS, W. M.  
W. G. COWAN, Rec. Secy

L. O. L. No. 27, meets 1st Tuesday of each month  
HERR HODGINS, W. M.  
REG. HODGINS, Secy.

ROYAL SCARLET CHAPTER meets on the 14th of each month.

H. N. HODGINS, REG. HODGINS  
W. Cmap. in Com. REG. HODGINS Com. Scribe

## Tenders Wanted

Tenders will be received by the undersigned up to one o'clock, p. m., January 25th, 1919, for the building of new School 12-A at Charteris, Que. Site to be selected by School Board later. Plan and specification (same as 12-B) may be seen in Secretary's office.

M. A. MCKINLEY,  
Asst. Sec.-Treas.  
School Bd. of Clarendon.  
Shawville, Que., Dec. 23rd, 1918.

## FOR SALE

A fine yearling Holstein Bull—eligible for registration.  
Apply to R. J. BLACK,  
Shawville, Que.

## TENDERS WANTED For Hauling Saw-Logs

Tenders will be received by the undersigned up to noon of January 30th, instant, for the hauling of about 150 standards of saw-logs—averaging about six logs to the standard. Length of haul three miles—from Wm Acres to Joseph Brown's mill.  
HERBERT DEAN,  
R. R. No. 2, Shawville.

## CREAM WANTED

The Bristol Branch of the Arnprior Creamery

AT BRISTOL CORNERS  
Is now open for business.

Highest Cash Price paid for Cream.

Cans furnished on request.

For further information write or call at the office.

THE ARNPRIOR CREAMERY  
BRISTOL, QUE.

## CANADIAN PACIFIC RAILWAY CO.

## CHANCE OF TIME

Effective Sunday, Jan'y 5th, 1919.

Commencing Monday, January 6th, Waltham trains will depart from and arrive Ottawa, Central Station, instead of Broad Street as follows:—

No. 541—Tuesdays, Thursdays and Saturdays, leave Ottawa Central 7.30 a. m., Beemer 7.35 a. m., and same times at intermediate stations beyond to Waltham.

No. 543—Daily except Sundays, leave Ottawa Central 6.00 p. m., Beemer 5.06 p. m., Hull 5.15 p. m. and same times at intermediate stations beyond to Waltham.

No. 542—Daily except Sundays, leave Waltham and arrive Hull same as at present, Beemer 9.20 a. m., arrive Ottawa Central 9.30 a. m.

No. 544—Tuesdays, Thursdays and Saturdays, leave Waltham same as at present, arrive Hull 5.15 p. m., Beemer 5.25 p. m., Ottawa Central 5.35 p. m.

C. A. L. TUCKER,  
Agent.

## Sweaters

Ranging from \$2.95 to \$8.50

In Attractive Colors

Such as maroon, dark brown and khaki.

Call in and see them.

Also a good range of

Fancy Ties, Gloves,

Underwear, and Caps.

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THE TAILORS

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Pontiac Wool Growers' and Sheep Breeders' Co-operative Agricultural Association, Limited

Hay, Shorts, Hog Feeds.

We have a good supply on hand now at attractive prices.

We are still able to get you the highest prices for your Wheat, Oats, Barley and other grains.

We can also handle your Dressed Beef, Veal, Lambs, Hogs and Hides.

W. E. N. HODGINS, MANAGER.  
Or C. H. HODGE, SEC.-TREAS.

N. B.—Annual Meeting Tuesday, Jan. 28. Be there

## Ottawa Winter Fair

Howick Hall, Ottawa,

January 14, 15, 16, 17, 1919.

\$16,000.00 in Cash Prizes.

Excellent classification for all classes of Horses, Cattle, Sheep, Swine, Poultry and Seeds.

Large Harness Horse Classes.

Pure Bred Stallion Sale.

Reduced rates on all Railways. Fare and one-third for round trip.

Apply to the Secretary for Prize Lists.

WM. SMITH, M. P., Pres., W. D. JACKSON, Sec'y.  
Columbus, Ont. Carp. Ont.

## 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.

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All Work Guaranteed Satisfactory.



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A Weekly Journal devoted to Local Interests.  
Published every Thursday  
At Shawville, County Pontiac, Que.

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All arrears must be paid up before  
any paper is discontinued.

ADVERTISING RATES.  
Legal advertising, 10 cents per line for  
1st insertion and 5 cents per line for each  
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Business cards not exceeding one inch  
inserted at \$5.00 per year.  
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rate of 8 cents per line for first insertion  
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for longer periods inserted at low rates  
which will be given on application.  
Advertisements received without in-  
structions accompanying them will be in-  
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accordingly.  
Birth, marriage and death notices pub-  
lished free of charge. Obituary poetry  
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JOB PRINTING.  
All kinds of Job Printing neatly and  
cheaply executed. Orders by mail  
promptly attended to.  
JOHN A. COWAN,  
Publisher

## Professional Cards.

### DENTAL.

**DR. A. H. BEERS**  
SURGEON DENTIST  
CAMPBELLS BAY - QUE.  
Doctor of Medicine and Master of Surgery  
McGill University.  
Doctor of Dental Surgery, University of  
Pennsylvania.  
Scientist of Dental Surgery, Quebec

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**A. J. McDONALD B. C. L.**  
ADVOCATE, BARRISTER, &c.  
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Will be at Shawville Wednesday  
and Saturday of each week.

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**J. ERNEST GABOURY, LL. B.**  
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Will be in Fort Coulonge every Wed-  
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**DEVLIN ST. MARIE & DUCLOS**  
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191 MAIN ST., HULL  
Will attend Courts and Business in the  
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**GEORGE E. MORENCY**  
DOMINION & PROVINCIAL LAND SURVEYOR  
ALL KINDS OF  
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Lots, Drawing, Copying, and Reducing of  
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Executed carefully to the satisfac-  
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UNDERTAKER  
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Personal attention. Open all hours.

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AGENT FOR  
Singer Sewing Machines  
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**PATENTS**  
PROMPTLY SECURED  
In all countries. Ask for our INVEN-  
TOR'S ADVISER, which will be sent free.  
MARION & MARION,  
384 University St., Montreal.

## START THE NEW YEAR - RIGHT -

CONSERVE FOOD FOR THE ALLIES

## Eat Fish!

Fresh Herrings  
Fresh Salmon,  
Fresh Pike,  
Fresh Haddock,  
Fresh Halibut,  
Smoked Haddies,  
Salt Herrings,  
Favorite Codfish,  
Striped Codfish,  
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Sea Trout.

**G. F. HODGINS CO. LT'D.**

CANADIAN FOOD BOARD LICENSE NUMBER 8-10603

## Charles Hapsburg Proved Better Type of Monarch Than Majority of Teutons

WHEN Charles Hapsburg succeeded Francis Joseph, the stories went forth of an amiable but far from extraordinary young man, who as archduke seemed to have chiefly attracted attention in Vienna by the suburban habit of taking out his youngest born in a perambulator. The portraits of the young Emperor showed nothing of the "character" that was supposed to flare out from the familiar countenance of the German war lord. To-day it is the slim and mild-faced young Austrian who stands out as much the better man of the two. From the first moment of his accession he seems earnestly to have labored for peace; out of self-interest, to be sure, but yet with an intelligent foresight of events that was denied his cousin of Hohenzollern. When defeat was followed by the storm which is now cleansing the whole of Central Europe, he did not run away like the owner of the famous matted fist, but remained in his capital ready, apparently, to take his chances of fortune and life. He has bowed his head to the tempest which has made such a clean sweep of royal Teuton heads, and his words of abdi-

tion which adorns the late rulers and statesmen of Central Europe. Emperor Charles I. of Austria, King of Hungary, was an unpromising major in an Austrian infantry regiment when the shot of the assassin who killed the Archduke Francis Ferdinand on June 28, 1914, made him the heir-apparent to the throne in the "Hawk's Castle" on the banks of the River Aar. Charles I. was born Aug. 17, 1887, the son of the late Archduke Otto of Saxony. He married the Princess Zita of the Bourbon House of Parma (Italian) in 1911. When the Nunc Dimittis was sung for his dead granduncle, the Emperor Francis Joseph, the only achievements of Charles brought to public notice were that he was a keen sportsman, an excellent shot and motorist. When he acceded to the throne on Dec. 30, 1916, Austria-Hungary, torn by four years of war, saw the first faint gleam of possible peace.

The course of the new ruler was regulated largely from Berlin, and for the first six months of his reign Austria-Hungary was regarded as a mere German state. Hindenburg's successes in Galicia in 1916, in which Charles shared as a commander in the field, gave the young monarch a prestige which enabled him to hold the Austrians to the Central Powers until the collapse of Bulgaria and Turkey and the final crash.

Numerous peace overtures and manoeuvres characterized the diplomacy of the dual monarchy after Francis Joseph's death, precipitated doubtless by bread riots and other outbreaks throughout Austria. Unable to maintain his pledge to the German Emperor "to continue the war to the end," Charles made use of the famous "Dear Sixtus" letter, an autographed missive written in April, 1918, to Prince Sixtus de Bourbon for transmission to the French Government, in which the monarch said France's claim to Alsace-Lorraine was "justified."

Although the letter was denounced as a "forgery" in Vienna, the Foreign Office claiming it had been written by a French ecclesiastic who had been acting as confessor to the Empress Zita, subsequent events proved its authenticity. It was the first revelation of the break between the German Emperor and his vassal King. Previously, Emperor Charles had indicated his desire for peace, however, in speeches before the Reichstag. In December, 1917, he declared his willingness to conclude peace with the Allies if they would guarantee the integrity of Austria-Hungary.

In October, 1918, he announced plans for the federalization of Austria-Hungary, and in an address to the Hungarian Diet frankly admitted his throne was in "peril." A day or two later, Count Karolyi, leader of the Hungarian Republicans, announced the success of a bloodless revolution in Budapest and declared Hungary a free and independent state. Still later the German and other provinces declared their purpose to become autonomous entities, and the House of the Hapsburgs, once the leader of the Holy Roman Empire, seemed to be about to collapse like a house of cards.



CHARLES HAPSBURG.

cation are more sincere than the usual language of such documents. The last of the Hapsburgs make a pathetic figure, but carries with him into history little of the taint of criminal-

## The Salvation Army Million Dollar Fund

MAIL YOUR CONTRIBUTION TO ONE OF THE TREASURERS BELOW, OR TO COMMISSIONER RICHARDS, 20 ALBERT ST., TORONTO

## We MUST provide for the need of the Soldier and his family!

It is absolutely necessary to ensure certain safeguards and comforts to our boys over there and over here, so that they may be re-established in Canada, strong in body and soul, contented that we at home have stood by them to the finish. What sacrifice can we make for the boys who were prepared to sacrifice everything for us?

### What the Salvation Army Has Done

It has provided comforts for fighting men since the twelfth day of the War. Hundreds of thousands of parcels of food and clothing for the boys. Tens of thousands of beds in Hostels in daily use in France, England and Canada. 197 Huts for Soldiers. 1,200 uniformed workers. 45 ambulances. Thousands of War widows cared for. Looked after soldiers' families. Labored for the Master. Helped to preserve the home ties. Given the MOTHER touch to lonely men.

### What Remains to be Done

Keep the Hostels open and open more, so that every returning soldier can get a clean bed and wholesome meals at a price he can afford to pay.

Provide comforts and safeguards for our boys, advancing into Germany, as well as those coming home and needing a place to eat and sleep, in Halifax, St. John, Quebec, Montreal, Kingston, Toronto, London, Chatham, Winnipeg or Vancouver.

Guide and assist soldiers' families, especially the widows and orphans.

## Soldiers Home

January

## Coming Campaign

19th to 25th

The Salvation Army is equipped and organized to take care of the soldiers' URGENT AND PERSONAL needs—needs that are imperative. It has never made a general appeal for funds to carry on this work until now. Give and give liberally. If you are not certain that your contribution will be taken up by a canvasser, send it direct to the Hon. Treasurer, Sir Edmund Walker, Toronto—subscriptions will be acknowledged.

"God loveth a cheerful giver"

SALVATION ARMY MILLION DOLLAR FUND COMMITTEE

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Treasurer Nova Scotia:  
DONALD MacGILLIVRAY  
Bank of Commerce, Halifax, N.S.

## THE PIPING QUAIL.

A "Song Bird" That Deserves More Credit.

Last January, after weeks of bitter winter, the quail came to the farmyards, and the farmers put out grain for them. No one can fathom the impulse or instinct that led these wild and timid birds to seek, in their direct extremity, the aid of men; but they did seek, and many sought not in vain. Despite the food that was placed conveniently for them, the coveys diminished in numbers from day to day. The struggle against cold and hunger was a losing one. When February brought warmth and thaw many of the quail had perished. In some parts of the country it is said that no quail were left alive.

Now comes the time when the year's bird songs begin to wane fewer and weaker. The chorus of early morning is still sufficiently jubilant, the vespers are as yet not hushed to midwinter silence. But there is coming to many of the singers a weariness of rollicking and exultation. The robin in the bare tree is less persistently hilarious at break of day. The setting sun stirs bobolink to no ecstatic wildness. Chewink in the outer beeches talks and grumbles more than he sings; while the catbird of the brambly borderland has become more caty and less birdlike. Cardinal, pewee, vireo, yellowthroat, wren have gone and we shall not hear them again until next year.

The quail and two others stands together in a little class apart. The other two are the mourning dove and the screech owl. Of the soothing, reposeful love murmur of the mourning dove there can be no two judgments. It is one of nature's sweetest calls, an irresistible hest to peace and contentment. The ululation of the little screech owl, which is anything but a "screech," is in its way as wonderful as the song of the dove. It is the gentlest, softest wavelet of sound, a ripple over a mossy brink, a nocturne of mysterious melody, a dream song when the moon hangs just above the orchard canopy.

Quail, dove and owl; who would call them "song birds"? To be a song bird must one be little, and follow fixed rules? Measured by their music these three are song birds as truly as thrasher, bobolink, thrush or bluebird—and the best of them is Bob White.

Like Shelley's skylark, Bob White is a disembodied voice. The afternoon falls toward evening, and we see the bobolinks and the meadowlarks consciously making music. We note the portly robin and the fitting sparrow. We rejoice in the gleam of the undulating goldfinch and in the pert familiarity of the friendly wren. But from somewhere, near at hand or far away, always from some hidden, grassy, fairy dale, there comes a song that is quite incomparable. It is ever a song from an invisible singer. If anyone ever saw a quail in the act of singing he is a searcher with the patience of Job—which is of double meaning, for Mr. H. K. Job has, with his camera, caught birds doing more things than any other naturalist living or past.

"Bob White" is but a poor rendition of the liquid splendor of the quail's song. It carries no idea of the honey sweetness or the profound depth of the call.

"More wet," the rural philosophers interpret the quail's song, or "No more wet," when the prefatory note is audible. Weather predictions are

## HOMEMAKERS' CLUBS.

### TIME OF MEETING:

Austin - First Tuesday,  
Elmside - Second Wednesday,  
Clarendon - Last Wednesday,  
Murrells - Third Wednesday,  
Fort Coulonge, First Thursday,  
Bristol, - - First Thursday,  
Starks Corners, Second Thurs.  
Wyman, - - First Friday,  
Shawville - First Thursday,  
of each month.

## Centre Barber Shop

On the Busy Corner

**T. TUCK, PROPRIETOR.**

TRY US FOR—

**Tobacco, Cigars**

and **Cigarettes**

A full line always on hand.

AGENT FOR—

**The Crown Steam Laundry, Ottawa.**

Special rates on family washing.  
Bring in laundry Monday. Shipped on  
Tuesday—returned Friday.

**T. TUCK - SHAWVILLE.**

## NOTICE

**Re. Telephone Meeting.**

For the safety of the public, on account of the prevalence of the "Flu," on the advice and with the consent of the Directors and in pursuance of the by-laws governing same, the annual meeting of the Shareholders of the Pontiac Rural Telephone Co., Limited, has been indefinitely postponed. Due notice will be given when date of same is decided.

**R. W. HODGINS,**  
Secretary.

trus made, with almost goosebone assurance. It is probably true that the quail is moved to vocalism by the coolness that precedes rain, but whether the two notes of "More wet" or the three notes of "No more wet" are heard depends largely on the proximity of the hearer. As many of the notes of the wood thrush are audible only to the listener who creeps to a front seat in the forest, so the first note of the quail's three may be unheard across the pasture by an offhand interpreter and "No more wet" may be proclaimed as a sure prophecy of rain at hand. There is, indeed, no adequate rendition of the quail's song. It has the depth of a thrush, the cheer of the meadowlark, the liquidness of the cardinal's whistle, and the contentment of the mourning dove. No small part of its charm lies in the invariable invisibility of the performer.

## FARMERS ATTENTION!

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## FOR SERVICE

Purebred Chester White Hog for service. Fee—\$1.50. Apply to **NORMAN DODS,** Maryland, Bristol.

## FOR SERVICE

Purebred registered Yorkshire Hog (Experimental Farm stock). Fee \$1.00. Apply to **R. J. CUTHBERTSON,** Maryland, Bristol.



# Not the Meanest Man

By C. Courtenay Savage

## PART I.

"As for John Thompson, he is the meanest man that ever lived. Any one that could act the way he does to his mother would do 'most anything.'"

Nettie had noticed both women as they took the seat behind her on the interurban trolley. The mention of a familiar name made her sit upright. She was not listening but the high-pitched voices, raised above the hum of the hurrying trolley, carried their story to her.

"I understand they've got company to spend the summer with them. I suppose John has it figured out that he'll save money on the extra help hired."

"It's a wonder his mother doesn't revolt, doing all the work you speak of and having such a poor place to work in."

"I don't suppose that the poor woman can revolt—not against John Thompson. Why?" the rumble of the car as it passed over a long bridge shut off the angry tones of the first speaker. When the car again reached a solid road the two women were no longer discussing John Thompson and his mother.

Nettie leaned back in her seat, wondering if there could be two John Thompsons who were to have company for the summer.

She did not know either John Thompson or his mother though she had seen photographs of Mrs. Thompson, her mother's closest friend in school days.

Nettie had been teaching in Ottawa for two years and was delighted with the invitation to spend the vacation months with the woman who had been so near and dear to her mother. Now for the first time, a shadow came over her visit. After a moment's thought she scolded herself for thinking such a thing possible.

When she finally stepped from the car, she looked quickly at the group of people who were waiting for passengers or desired to go from the little settlement to the cities that lay at either end of the line. Her first glance showed Nettie no person she would pick out for the man she expected. Not until the car departed did she see a tall man coming around the corner of the waiting room.

"Are you Miss Ransom?" he asked as he raised his hat.

In that instant Nettie felt that this John Thompson could never be mean; that he was capable of nothing unfriendly to any man.

"Yes. You must be John Thompson."

He took her proffered hand and shook it gravely.

"The horse is round back of the shed. He's young and I hardly dare allow him to stand alone when the trolley comes. He's apt to shy." He picked up her bag and led the way.

They talked little on the way home. It was the end of a warm day, and a little breeze that came out of nowhere, awayed the growing grain. The sun was making long shadows of the trees and touching the farmhouses with a magic kiss that transformed them into fairy palaces.

Nettie was surprised at the houses. They were large and fine—not at all like the places she had known in the district where she had always spent her summers with her mother's people. It was exhilarating to think of living in such a home!

She was immeasurably shocked when they turned into a great unkempt driveway that led to a small house in need of paint. Her quick eyes noted the barn, beyond—far more handsome than the house, John stopped the horse at the door and a quaint old woman came bustling out.

"My dear, dear girl!" she whispered in Nettie's ear as she held her close. Then stepping back she surveyed the girl from head to foot. "Just like your mother at her age! Fresh as a summer morning and eyes of the violet's blue!"

She led the way into the house, insisting that the bag was not heavy and carrying it all the way to the front room that was to be Nettie's. Her welcome was most hearty.

"Now, dearie, just rest yourself and when you feel like it, come down. I'm going to hurry supper and after that there'll be time to talk."

For a passing moment Nettie felt ashamed that her friends should live in an untidy place though inside the house was very clean. The cover on the bed was spotless; so were the pillows.

"It's not the kind of home either of them ought to live in," she said aloud. Then as if suddenly impelled by curiosity, she went downstairs. Mrs. Thompson was busy in the kitchen. It was a small room, a stove occupying most of the wall. The breath of heat that met her as she opened the door was overwhelming and she knew at once that the place was not properly ventilated.

"Don't stay in here, dear. It's too hot," Mrs. Thompson told her but Nettie insisted that she be allowed to help.

There was no running water in the house. Nettie took the big pitcher to the well Mrs. Thompson pointed out. When she filled the pitcher she went to the dining room to fill the glasses.

She had not been in the dining room before and its appearance surprised her. The cloth on the table was clean but very worn. The china, glass and silver were old and cheap.

The pinch of poverty was hanging over the house, yet she knew the Thompsons were rich.

She helped put the meal on the table. There was plenty of well-cooked food. As she glanced from the edibles to the dingy walls she wondered if after all John was really mean—too mean to make this home comfortable.

During the first week Nettie studied the household. One evening John announced that he had to walk over to a neighbor's. His mother suggested that Nettie accompany him.

They took a short cut through the fields, the path leading them beside a swiftly flowing brook that murmured sociably.

"I'm glad you came," John said suddenly.

"Glad? Why?"

"Because of Mother. She needs someone with her. You see, Mother has lived here on the farm so many years and she's worked so hard. When she told me that she would like you to visit her this summer I hoped you could and that maybe you'd make things easier for her."

"Why don't you have a hired woman do most of the work?" she asked.

"Mother doesn't want one."

Nettie made no reply. In her heart she felt that John was not telling the truth.

After a while John talked of the Lumbards to whose home they were going; of the man's success as a farmer and of the young people away at college. It was a happy picture he drew and Nettie was not surprised when they reached the Lumbard's home, to see the well-kept grounds, the big clean house, the modern furnishings, the electric lights and the plumbing.

She talked with the women of the family, admiring the house as they showed it room by room. Silently she compared it with the roof that was sheltering her for the summer months. When it was time to go, one of the older boys took them home in an automobile.

"It's a fine home," she told Mrs. Thompson the next day. To her surprise she found that although the houses were less than a mile apart Mrs. Thompson had never visited her neighbor's house.

"I never seem to get time, dearie," Thompson the next day. To her surprise she found that although the houses were less than a mile apart Mrs. Thompson had never visited her neighbor's house.

"Never had time to visit! The older woman seldom left the run-down farmhouse even to go to the stable. That was what the woman on the trolley meant. John Thompson was the meanest man—and his mother had so great a love for her son that she was content to slave for him!"

A sudden change in the weather brought stifling heat that seemed to dry up the world and wilt all that grew. At the end of four such days, Mrs. Thompson was pale and her eyes were lustreless. As she and Nettie were washing the dinner dishes, she fainted.

Nettie half carried, half dragged the unconscious woman to the porch. Placing a pillow under her head she bathed her face with water. When there were signs of reviving life she ran to the barn for John. His smile welcomed her.

"Your mother is ill. Come quickly!" was all she said.

He hurried into the house. Between them they helped Mrs. Thompson to her room. Nettie undressed her while John telephoned for the doctor.

Dr. Allen made a thorough examination of his patient.

"She has collapsed because of working in the heat," he told them. "I would advise keeping her quiet for the rest of the day. I'm going to leave some medicine but my chief prescription is rest and if possible a change from her daily surroundings. Also I recommend less work if she is to continue well and strong."

In his eyes was a light that made his meaning very clear.

The news of Mrs. Thompson's illness spread rapidly through the neighborhood and before night several women called to know if they could be of assistance. They were women like Nettie, fond, big-hearted and eager to help. Each brought some small comfort to the sufferer.

(To be continued.)

## LIEUT.-COL. E. F. HARRISON

Who Defeated German Poison Gas and Saved Many Lives.

The British Army and, indeed, the whole Army of the Allies has suffered a severe loss in the sudden death from pneumonia of Lieut.-Col. E. F. Harrison, C.M.G., R.E., Officer of the Legion of Honor. Colonel Harrison's name is associated with the protection of the British and Allied troops against gas. Since the early days of gas warfare he had occupied a leading position in the Chemical Warfare Department of Ministry of Munitions, and for over a year he had been in sole charge of research in connection with gas defence and of the manufacture of respirators for the armies in the field. It is due mainly to his brilliant efforts that throughout this war our troops have been so well protected, and that no new gas has ever been employed against us for which his foresight had not provided an antidote. He has been responsible for the manufacture of millions of respirators that have been issued to British, American and Italian troops, and he built up this enormous industry almost entirely from improvised means. In the middle of all this work he lost his eldest son, who was killed in action at the Battle of the Somme on the 30th of July, 1916.

## GERMAN THRONES AND NEAR-THRONES

WHICH COMPRISED THE FORMER EMPIRE OF GERMANY

Included Three Kingdoms, Six Grand Duchies, Five Duchies, and Seven Principalities.

Now that German thrones are falling, it is interesting to recall details about the royal houses comprised in the empire. Of these there were twenty-two, according to the Constitution of 1871, and they included three kingdoms, six grand duchies, five duchies and seven principalities. In addition, it may be added for the sake of completeness that the "Empire" also included the "free towns" of Hamburg, Bremen and Lubeck and the "Reichsland" of Alsace-Lorraine. The rulers of these different States, with some particulars of their families, are set out below:

### Kingdoms.

Prussia—Wilhelm II, born January 27, 1859; married Princess Victoria of Schleswig-Holstein; heir, Prince Friedrich Wilhelm (Crown Prince); five other sons and one daughter.

Bavaria—Ludwig III, born January 7, 1845; married Archduchess Maria Theresa of Austria-Este; heir, Crown Prince Rupprecht; eight other children.

Saxony—Friedrich August III, born May 25, 1865; married Princess Louise of Tuscany (marriage dissolved); heir, Prince George; five other children.

Württemberg—Wilhelm II, born February 25, 1848; married (1) Princess Marie of Waldeck-Pyrmont, died April 30, 1882; (2) Princess Charlotte of Schaumburg-Lippe; one daughter.

### Grand Duchies.

Baden—Friedrich II, born July 9, 1851; married Princess Hilda of Nassau; no issue.

Hesse—Ernst Ludwig, born November 25, 1868; married (1) Princess Victoria of Saxe-Coburg and Gotha (marriage dissolved); (2) Princess Eleonore of Solms-Hohensolms-Lich; two sons.

Mecklenburg-Schwerin—Friedrich Franz IV, born April 9, 1882; married Princess Alexandra, daughter of the Duke of Cumberland; two sons.

Mecklenburg-Strelitz—Friedrich Franz IV, of Mecklenburg-Schwerin (see above).

Saxony—Wilhelm Ernst, born June 10, 1876; married (1) Princess Caroline of Reuss (died 1906); (2) Princess Fedora of Saxe-Meiningen; three sons, one daughter.

Oldenburg—Friedrich August, born November 16, 1852; married (1) Princess Elizabeth of Prussia (died 1895); (2) Princess Elizabeth of Mecklenburg-Schwerin; eldest daughter (Sophia) married to Prince Eitel Friedrich of Prussia; one son and two other daughters.

### Duchies.

Brunswick—Ernest Augustus, born November 17, 1887; married Princess Victoria Louisa, daughter of Kaiser Wilhelm II; two sons and one daughter.

Saxe-Meiningen—Bernhard, born April 1, 1861; married Princess Charlotte of Prussia (daughter of Emperor Friedrich II); one daughter.

Saxe-Altenburg—Ernst II, born August 31, 1871; married Princess Adelheid of Schaumburg-Lippe; two sons, two daughters.

Saxe-Coburg and Gotha—Charles Edward (Duke of Albany); married Princess Victoria Adelheid of Schleswig-Holstein; two sons and two daughters.

Anhalt—Edward, born April 18, 1861; married Princess Louise of Saxe-Altenburg; three sons, one daughter.

### Principalities.

Schwarzburg-Sonderhausen.

Schwarzburg-Rudolstadt.

Waldeck.

Reuss (elder line).

Reuss (younger line).

Schaumburg-Lippe.

Lippe.

## COLORS FOR SAILORS

Navy Blue Has for Centuries Been Worn by Sea-Goers.

The blue color so prominent in the uniforms of almost all marines is of hoary origin. Vegetius, in his fifth book on the military affairs of the Romans, traces the origin of this color to the Veneti, an ancient people dwelling near the coast of Biscay, and well versed in seamanship. It was customary among them to paint their outgoing ships as well as the masts and sails with a blue color; also their soldiers and sailors wore blue uniforms. According to our author, the Latin word "Venetus" which was both the name of the color and that of the people, points to its origin. From the Veneti the custom was adopted by the Romans. Thus the son of Pompeius, after defeating Caesar's fleet in a naval battle, wore the navy blue, although entitled to the purple. The Veneti were subdued by Caesar after a severe maritime war in 56 B. C.

Hon. Duncan Marshall is quoted as expressing the opinion that prices of breeding stock will hold for three years yet.

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## WONDER GRASSES OF WORLD

The Bamboo Grows Two Feet a Day in Some Districts.

The grasses are a tribe of plants remarkably varied. Indian corn is a grass—though the average person might not suspect the fact. A whopping big one, truly.

But the giant of all the grasses is the bamboo—a plant with which we are comparatively unfamiliar in this country, and which is found in more numerous varieties in Japan and China, than anywhere else in the world.

Bamboos in China and Japan grow in veritable forests, which spread of their own accord by the extension of roots. A clump is planted, and it widens over the landscape with remarkable rapidity. Two feet a day is not an unusual growth in height for a bamboo. The largest attain 150 feet and a diameter of two feet.

In Japan and China the bamboo supplies a large part of the wants of the people. It takes the place to a great extent of iron and steel. The farmer builds his house and fences of it; his household furniture is manufactured from it, while the tender shoots furnish him with a delicious vegetable for his table.

The bamboo supplies framework for awnings, ribs for sails and handles of rakes, material for chicken-coops and bird-cages, stuffing for pillows and mattresses, chopsticks for eating, pipes for smoking, brooms for sweeping, chairs to sit upon, skewers to pin the hair, hats to screen the head, paper to write on, the pencil to write with, the cup for measuring quantity, the crab net, the fishpole, and goodness knows what else.

A score or two of bamboo poles for joists and rafters, fifty fathoms of rattan rope, and an adequate quantity of bamboo mats for a roof furnish material for a house in China.

Once in half a century or so the bamboos take a notion to flower and bear seed over wide areas. Ordinarily they do nothing of the kind. This happened in India in 1901, by great good luck; for in that year there was a famine, and hundreds of thousands of people were saved from starvation by the "bamboo rice," somewhat resembling oats.

When the bamboo produces seed, it dies soon thereafter, so that the phenomenon is not an unmitigated blessing. Ordinarily the plant is propagated by root-cuttings.

Bamboos are among the most graceful forms of plant life, lending a charm to any landscape with their waving plumes of delicate green foliage. The "golden-striped" variety has a golden-yellow stem striped with brilliant green, its leaves variegated with bands of green and white.

The Japanese cultivate for ornamental purposes bamboos artificially dwarfed in pots that confine their roots. They are among the curiosities of horticulture.

## CALIFORNIA SENDS LADYBIRDS

Millions of Tiny Red Bugs to Destroy Insects in Devastated France.

An army of millions is to be sent from Southern California to fight the Hunnish hordes in northern France. The first battalion were shipped the other day, carefully packed in orange leaves.

The army will consist of healthy and hungry "ladybirds," the tiny red bugs that thrive on all sorts of insect pests. These are being shipped from the Southern Branch Insectary at Alhambra, of the State Commission of Horticulture, to similar institutions in northern France. The omnivorous pest destroyers will be incubated until spring and then liberated in the fields that have been without cultivation during the war and which are expected to be the prey of all sorts of insect destroyers.

Arrangements for sending over the seas the famous California ladybirds were made several months ago when the French Agricultural Commission visited California and purchased large quantities of nursery stock for restoring the devastated orchards. California is credited with leading the United States in developing natural methods of fighting pests.

The women of West Australia have had the right of municipal suffrage since 1871.

Hon. Sydney Fisher, in an address at Ottawa, predicted that food prices will remain high for two or three years at least.



## Where the House-fly Winters.

It seems to be the prevailing opinion, with most people, that the house-fly, or typhoid fly, lives through the winter months as an adult, hiding in cracks and crevices in the warmer portions of the house, or perhaps somewhere in the attic. We have been confident of this because we have seen flies about Christmas time, crawling around when the house became unusually warm, or we have seen flies late into the winter.

From this we may have concluded that the flies passed the winter in the house and then only as full-grown adults. But scientists tell us differently. They say that the house-fly does not stay in the out-of-the-way places in the house all winter unless a suitable breeding place, where it is warm, is provided. In warm houses or in other sheltered places they may live for a much longer period of time but never will they pass the entire winter unless they are breeding in some decaying refuse. This insect has been found in houses as late as the latter part of January but rarely later. Under outdoor conditions house flies are killed during the late fall when the temperature falls to about fifteen or ten degrees Fahrenheit. It stands to reason that the numberless thousands of flies that come out early in the spring cannot all be produced by the few over-wintering flies that we have observed in the house.

There are other species of flies, similar to the house flies, that may be found in crevices in the house during the late winter and these are often mistaken for the house flies and are responsible for our belief that the house fly really spends the winter in houses. If it does not pass the winter in the house, where then does it hibernate? As a result of a large number of experiments and observations it has been found that flies pass the winter in one of two ways: either by continuous breeding in some refuse around the house, in bakeries, green-houses, animal breeding houses, or possibly in some hog houses, or they may pass the winter as a larva (maggot), or pupa in the manure pile or in the ground near the border of the pile. If these piles of manure are left from fall until well into the spring they will provide thousands of flies with a place to spend the winter and from these piles an army of flies will go to the house for their first meal. Even if the manure has been drawn onto the fields during the winter flies often breed in the soil on the site of the old piles.

## Food Conservation.

Many women begin to cut down the food allowance when they plan to economize. This seems strange, but nevertheless it is true. They cut down upon meat, glibly quoting the wonderful value of legumes and dried vegetables. Next comes butter, milk and eggs and fresh fruit vegetables. These are all used very sparingly, owing to their seemingly high cost. Yet health demands plenty of good, nutritious food, and this is particularly true where there are growing children.

At least one pound of meat is necessary weekly for each individual person. Now if the portion used is expensive, there will be a large loss, due to trimmings, bones, etc., for one has only to remember that there is 50 per cent. waste in sirloin steak and from 40 to 60 per cent. waste on the fancy cuts, such as chops, steaks and roasts. Then, too, these cuts are proportionately high in price.

Where cost is an item to be considered, the cheaper cuts of meat nicely seasoned and well cooked by long, slow, moist methods will give far greater satisfaction for food value than the higher priced cuts. This is true not only of meats, but also of other foods. Take, for instance, the ready-to-eat cereal. The cost of this will be six or seven times greater than the cost of the cereal cooked at home. Then again, oatmeal, barley, etc., can be purchased in bulk at a real proportionate saving that will help the prudent woman materially to conserve.

Take for instance, the purchase of a pan of mush. While it may be purchased for less than twenty cents, the actual cost to the housewife, exclusive of labor and time that it requires to cook the mush, which is about three quarters of an hour, it will cost about four cents. Figure it out for yourself. One quart of boiling water, one teaspoonful of salt, one cupful of corn meal or corn flour. And then compare this made at home with that purchased and note the difference.

How many women know if they intend having pork chops for a meat course if the bone is removed before cooking they have pork cutlets? Then remove the excess fat and place the bones in a saucepan and add the fat minced very fine. Then add just enough cold water, to cover the bones and then two tablespoonfuls of onion, minced fine.

Simmer slowly for one hour and then remove the bones, scrape every bit of meat from them, and then return the meat to the liquid. Now

measure. There should be one quart of liquid. Now add: one teaspoonful of salt, one-half teaspoonful of pepper, one teaspoonful of poultry seasoning, one-half cupful of cornmeal, one-half cupful of buckwheat flour. Stir to prevent lumping and cook for twenty minutes. Pour into a pan to mold. This will give you a pan of scrapple that can be used for breakfast and will cost very little, outside of the labor and fuel that is required to cook it.

Ever try making a ginger bread as follows: One cupful of syrup, one-half cupful of water, three tablespoonfuls of shortening, two tablespoonfuls of cocoa, one tablespoonful of cinnamon, one-half tablespoonful of ginger, one teaspoonful of cloves, one cupful of barley flour, one cupful of wheat flour, four teaspoonfuls of baking powder, one-half cupful of raisins, one-quarter cupful of chopped peanuts. Mix and then bake in either loaf-shaped pans or in well-greased muffin pans in moderate oven twenty-five minutes.

## Cleaning Wings For Millinery.

When you are dressing a barnyard fowl or a game bird brought in by your home N. M. rod, haven't you often held up a wing and said, "Wouldn't that be beautiful on a hat?"

It would. And very often it does, and you pay a milliner a good price for it, under a new name. But it is merely a wing or a feather of somebody's chancier of guinea hen.

Next time you get the wing at home fix it yourself. First clean the end which was cut off, in slightly warm, soft water. Be sure to remove all dirt, but do not handle the plumage roughly. Soak it in the water until the matter removes easily. Then put the wing in a dish of benzine and leave until all fat and grease are dissolved, usually three days. Remove from the benzine and lay on brown paper until all odor evaporates, when the wing is ready for use. Benzine, like gasoline, must not be used near a fire, light, nor in a closed room.

## THE MARK OF THE BEAST

The Shocking Plight of British Returned Prisoners.

One morning last week, says the London Daily Mail, St. Pancras Station, London, saw a picture which would steel the heart of any man or woman against all peace proposals that fail to embody punishment of the Hun brutes through whose hands British prisoners of war have passed.

Two trainloads of repatriated British soldiers, sailors and civilians, 581 in all, came in, including nearly four score who were too ill or hurt to walk. Most were fresh from German prison camps. The majority of them had lost a leg or an arm, some of them two limbs, and one poor fellow two legs and an arm.

"The pity of it is," said one of the officers with them, "that many a British soldier has been forced to submit to unnecessary amputation at the hands of the Huns. Many of the operations were done so badly that after the men had been nursed back to sufficient strength a further amputation had to follow."

Stretch-bearers were soon bringing their loads from the hospital cars to the ambulances. Men from Dutch camps were in khaki; those direct from German prisons were in nondescript garb of all sorts. Some were almost in rags. Their faces were wax and waxy like. Sallow skins and emaciated forms told of insufficient nourishment. They spoke but little.

Their eyes glanced pitifully round them in the dim light—just wrecks of men some of them. One clasped close a big Michaelmas daisy; another read and re-read his message from the King as he lay in the ambulance. They were at home at last, but too broken to show relief or joy. The cruelty and semi-starvation had left the mark of the Hun beast. "Damn the Hun brutes!" said a grey-haired spectator. "Amen, O Lord," murmured a woman in black.

## Memories From Flowers.

A sprig of lavender, a fleecy shawl,  
Old shoulders bent with care,  
And waving silvery hair,  
My mother's loving smile—and that is all.

A rose, a maiden's tender face I call  
From out the vault of time,  
Her voice, her smile sublime,  
My sweetheart's murmured "Yes," and that is all.

An orange bud, I see it softly fall  
With golden-misted eyes,  
Our sacred marriage ties,  
Our whispered vow to God—and that is all.

A white carnation, and the marble wall  
Of death I fight in vain,  
I kneel in questioning pain,  
A tiny snow-white casket—that is all.

A lily, whitely brave and bravely tall,  
Upon the altar there,  
I, thankful, breathe a prayer,  
My shining faith in God—and that is all.





### Scotty and The Lost Knife.

Many a time Scotty had hunted for the knife that Lawrence lost. That is, he had been out with Lawrence when Lawrence was hunting, so alert and so eager to be of help that you would be sure he knew just what he was hunting for. Lawrence did not doubt that Scotty knew all about the lost knife—for had he not told Scotty all about it? The two had been the closest friends ever since Scotty had come to the farm from Toronto a clumsy, excited little puppy in a box, five years before; and in that time a dog like Scotty and a boy like Lawrence come to know all that there is to be known about each other.

Lawrence felt badly about losing the knife. His Aunt Blanche had given it to him the Christmas before, and it was a wonderful knife—with a gimlet, a file, a hook and a screw driver, besides the three sharp blades. Few boys had a knife like that—and then to lose it!

Well, it was Scotty that finally found the lost knife. The way he found it makes a story that any lover of dogs will enjoy—and there is something wrong with the person who is not a lover of dogs. The knife was lost in the middle of April and it was late in July when Scotty found it. Lawrence had almost forgotten about it—not quite but almost—but no boy has so good a memory as a dog like Scotty.

But the story of the woodchuck hunt really comes before the story of finding the lost knife. The woodchuck hunt was one of many that Scotty enjoyed that summer. The woodchucks were a pest in the garden and in the clover patch, and their holes made danger for the horses working in the fields. Thus Scotty had a lot of extra work to do in addition to his usual chores. Frances, Lawrence's sister, kept a record of the woodchucks that Scotty proudly brought to the house, and the score stood at fourteen when the particular hunt that we are talking about took place.

It was on one of the hottest days of the whole summer. Most of the time Scotty slept at the entrance to the cellar railway behind the house. Between the shade of the great elm tree that towered overhead and the cool air that came up from the cellar, that was the most comfortable spot he could find. Once in a while he went down into the cellar itself, where it was much cooler; but down there it was hard to hear the men when they came up from the field with a load of hay, and of course he had to be round to help in the unloading. Usually he went into the field with them after the loads of hay,—although he never went in the morning when the moving machine was clicking away through the tall grass,—but it was too hot for that to-day.

Late in the afternoon a cool breeze came up, and then Frances saw Scotty leave the yard and go off into the

orchard. A little later she heard him barking in the pasture beyond the orchard.

"That's woodchuck number fifteen!" cried Frances, and straightway she stopped helping her mother get supper and ran off to the pasture to see about it.

She found Scotty barking loudly beside the pasture wall, and by peering in between the rocks she could see the woodchuck. Scotty had caught it away from its hole, probably making a raid on the garden, and it had taken refuge in the wall. Of course Frances felt sorry for the woodchuck, but it was nevertheless her duty to help Scotty catch it. She began to pull away the stones of the wall, while Scotty danced beside her and pawed the dirt and barked louder.

Suddenly, as Frances tugged at a larger rock, the woodchuck slipped out of the opening that she had made and ran toward a pile of stones near by. Probably its hole was there. As the little brownish-red creature ran, rather clumsily, through the grass and weeds, a very curious thing happened. Scotty, the famous woodchuck hunter, paid no attention whatever to his escaping prey, but stood still, eagerly barking, with his nose at the hole where the large rock had been.

"Why, Scotty, Scotty!" cried Frances. "Are you blind? Are you going to let that woodchuck get away?"

Scotty stood right where he was, except that he pushed his nose a bit farther into the hole in the stone wall. Could it be possible that he had not seen the escaping woodchuck? No wonder Frances was bewildered! Then she stepped nearer and looked into the hole herself. What do you think she saw there? It was the knife that Lawrence had lost more than three months before!

Frances forgot about the woodchuck as quickly as Scotty had. She seized the knife and, with Scotty leaping along beside her, ran back to the house, where they were just sitting down to supper.

Lawrence was the only one not amazed at her story.

"Of course Scotty let the woodchuck get away," he said. "He can get that fellow some other day. It was the knife that he was after this time. He had been thinking about that knife all these weeks, and he just happened to remember that I might have lost it there when I was helping father repair the wall last spring. So he went and looked. The woodchuck just happened to be there—that's all!"

That explanation might not have satisfied everyone, but it satisfied Lawrence, and he saw to it that Scotty had an extra good supper that night. "But Frances, who was rather glad that for a change one woodchuck got away, sometimes has a feeling that perhaps Scotty really went woodchuck hunting and found the lost knife by chance. Who can say?

## THE SURPLUS STOCK OF WAR

### WHAT ARE WE TO DO WITH WAR'S LEFT-OVERS?

#### Problem of Disposing of Vast Quantities and Varieties of Military Equipment.

With the end of the war comes a new and very puzzling problem. It relates to the disposal of vast quantities of all kinds of military supplies. What shall be done with them?

Suppose, for a guess, that the War Department has on hand 10,000,000 pairs of unworn and undistributed soldiers' shoes. Inasmuch as a fighting man in the field wears out from five to seven pairs of shoes per annum, this is probably not an overestimate.

They are the finest men's shoes ever made, built of the highest-grade material, waterproof and scientifically constructed for comfort. Who is going to wear them?

Probably the bulk of them will be sold in great lots to the highest bidders in the wholesale trade and will find eventual use by civilians. There will be no trouble in finding buyers. But about the millions of new and unworn uniforms? There will be no market for those.

#### Much Valuable "Junk."

An army officer owns his uniform and equipment; he is obliged to pay for them out of his own pocket. The enlisted man, on the other hand, owns nothing that he wears or carries. His rifle belongs to the Government; likewise the contents of his "pack," including his mess-kit, and every article of his clothing down to his socks.

All this stuff must be turned in or accounted for in some way. What is to be done with it? It will be, of course, in all stages of dilapidation—in effect, so much junk. Yet, in the aggregate, it will possess a very large value.

How great this value may be is suggested by the fact that one huge "salvage station" in France, dealing with military exuviae, produces therefrom \$100,000 worth of utilizable material a day. Every scrap of available leather is turned to fresh account, and so with all sorts of other things, from worn blankets to "tin hats."

The quartermaster's department, which divides and distributes all the personal belongings of our soldiers, will have nothing to do with the settlement of the question here discussed. It is the general staff that will control the whole affair. The business of that governing committee of the army is to make war plans, and already—though nobody is permitted to know what it is going to do—it has taken gravely into consideration the disposal of the left-overs of the great conflict.

Ask an ordnance officer what is to be done with all the hundreds of millions of shells, bombs and other projectiles remaining in stock at the war's end, and he will tell you that he hasn't the slightest idea. The general staff will decide.

Costly Material in Question. Projectiles are costly to make. For big guns the manufacturing price runs up into the hundreds of dollars apiece. It would never do to destroy them, and doubtless they will be stored—in the hope that no use for them will ever be found. But they are ready-loaded with high explosives, or with gas-producing chemicals. It is a fair presumption that their bursting or gas charges will be extracted, if only for the sake of precaution.

Again, there is a question of disposing of thousands of artillery guns of all calibres—not to mention machine guns, trench mortars, etc. What is to be done with them? Big guns are enormously expensive to manufacture. We can hardly "scrap" them for their high-grade steel. Doubtless they will be stored for possible future use.

Likewise the rifles turned in by soldiers. Taken as a whole, the problem is big. John Bull, on the conclusion of a final peace, will find himself in much the same position as a man who, after putting in a large stock of costly furniture and goods, is driven out of business. He sells his stuff for what he can get—a small fraction, presumably, of its original cost, and makes a philosophical best of the situation.

In this case, John Bull has had the satisfaction of driving his sole competitor entirely out of business.

### OLD NEWSPAPERS

#### Eighty-five Per Cent. of Old Material Is Re-pulped.

If new paper has gone up in price 600 per cent., waste paper has increased its selling price correspondingly. The man who has a dump of old newspapers holds treasure-trove.

The quantity of paper used in London is enormous, says an English writer. The shavings alone cut from the edges of magazines and papers weigh something like 3,000 tons a year. The contents of waste-paper baskets in business houses of the City—just old envelopes and torn letters—weigh something like 700 tons in a year.

Old ledgers alone which are turned out of the London offices weigh 1,000 tons every year.

In fact, nearly all old newspapers are repulped eventually. At the present juncture there can be no doubt that 85 per cent. of the paper actually used by the newspaper press finds its way back to the machines and appears as a new paper within six months.

The weekly yield of waste paper for all London even in wartime may be placed as high as 800 tons.

A rather sad side of the paper shortage is the way that books are being pulped. Old books are worth as waste paper ten times what the second-hand book dealer could offer. In this way many treasures are doubtless disappearing. Only the other day a collector saved a set of one of the early Thackeray "numbers" which had come in among a lot of old magazines.

### BARBED-WIRE DISEASES

#### A New Ailment Which Is Common Among War Prisoners.

A peculiar psychosis of war prisoners which is international in type, as shown by its identity in all races represented in the prison camps, is described in the Medical Record. In these war prisoners the barbed wire fences act as a red flag to a bull. Prisoners themselves have coined the name given the ailment.

There is a period of latency before the barbed wire disease develops. The first phase is one of stimulation. Men argue, become quarrelsome and envious. There is a rage for games. Gradually the picture changes to one of depression. One is no longer able to concentrate. Even music becomes undesirable. Sleep is disturbed by dreams and there is an abnormal sensitivity to sounds.

The barbed wire acts throughout as the badge and symbol of servitude. The part played by the wire appears to be shown in the fact that the prisoners who work in small squads in the open do not develop the disease. The author sees analogies of the "barbed wire disease" in Napoleon's life in St. Helena, in Stanley's prison experience, in Dostoyevsky's Siberian convicts, and especially in the polar explorers' mental state as recorded in many diaries.

### PRICE ON HIS HEAD

#### Raemaeker Was Valued at \$3,000 by the Germans.

M. Raemaekers, the famous Belgian cartoonist, has now taken up his abode in England. While he was working in Holland many attempts were made to suppress him by the Germans, both by application to the Dutch Government and by cruder methods of their own.

At one time he had a house near London, but he is now living at Bath, with occasional visits to the front to make drawings. Some of his friends think he runs some risk in doing so, since the Germans put a heavy price on the head of the man who has been estimated to be worth an army corps to the allies.

M. Raemaekers was asked one day at how much in hard cash he was valued by the Boche. He admitted regretfully that his price had gone down, and that he was now valued at no more than \$3,000.

M. Raemaekers speaks English quite fluently, and but for his extreme fairness, is rather English in appearance.

### My Cathedral.

'Tis underneath the forest tree That my cathedral comes to me. Where love is in the lines of leaves, Where beauty in its birth believes, Where silence is the sacred word, And music is the singing bird, Where each blown breath of blessed air Is but an answer unto prayer.

'Tis underneath the forest tree That my cathedral comes to me.

Each cow should have a name, which should always be spoken when approaching her.

### CHEAPER BINDING TWINES

#### Hawaiian Discovery That Is a Boon to Farmers.

As the sisal fibre industry of Yucatan has passed into the hands of a powerful monopoly which has greatly increased the cost to the American wheat grower of binding twine, and the cost of Manila fibre has greatly advanced, the news that fibre of greater strength can be raised cheaply in Hawaii will cause general satisfaction.

To people unfamiliar with the details of the wheat-growing and harvesting industry in the great West and Northwest, the bit of string with which sheaves are tied seems insignificant. Yet this seeming trifle looms so large in the aggregate that it has led to the invention of costly and elaborate machines for heading the wheat as it stands in the fields. It is said that tests have shown that the Hawaiian fibre is eight times as strong as the ordinary hemp and three times as strong as the famous Manila fibre.

The properties of the Hawaiian product have long been known as nets made from it have served at least two generations of Sandwich Islanders.

### PULVERIZED COAL

#### Increased Surface Permits of Freer Combustion.

Pulverized coal is solving many fuel problems. The ideal condition in which to burn coal is pulverized. With pulverized coal there can be no clinkers and no smoke, and the combustion is complete.

Pulverized coal is ground so fine that a pinch of it between the fingers does not feel gritty. A cubic inch of coal is ground into such fine particles that 95 per cent. of it will pass through a sieve having 10,000 openings to the square inch. The advantage of pulverized coal will become apparent when you remember that a cubic inch of coal has a surface of superficial area of six square inches; but when it has been converted into these small particles its superficial area is increased some 700 times. This means that each one of the two million particles is surrounded by air and, when burned, permits perfect instantaneous combustion. There is no waste. Pulverized coal burns like gas.

### "The Realization of Victory."

"Benediction lilies" is the new name given to Dog-tooth violets in British Columbia. The old name is not only incorrect, but it is far from expressing the beauty of the flower, which, when seen in the dim light of the forest, appears to be bending its beautiful head in prayer).

When the birds fly to the Northland In the coming Spring, We shall hear new notes of music In the songs they sing; We shall feel anew life's gladness, We shall bid good-bye to sadness, And we'll bless the God of Victory, As His minstrels sing.

When the Benediction lilies Bend their heads in prayer In our stately woods and forests, Making Spring so fair, We shall know the war is ended, And all bitterness expended, And we'll bless the God of Victory, As His flowers so rare.

We shall know from whence the Victory, And the joys of peace, As the Springtime decks the woodland, And our sorrows cease.

We will realize the blessing, All our thanklessness confessing, As we bless the God of Victory For our land at peace.

—Justin Wilson.

### New Westminster.

#### Military Maxims.

Napoleon was a prolific war maxim-maker. His maxims number more than a hundred. Many of them are as true to-day as when they were made.

"In war," said Napoleon, "there is never more than one favorable moment. The great art is to seize it and use it well."

Foch seized the "favorable moment" in a month not only saved the situation, but turned the tables on the enemy. He "concentrated his troops and acted with energy," as Napoleon laid down.

Common-sense—the application of wisdom to circumstances—is Foch's Maxim, as it was Napoleon's. Napoleon has written: "Plans may be modified at infinitum according to circumstances, the genius of the general, the character of the troops, and the features of the country."

Napoleon insisted upon the study of past campaigns. "The science of strategy," he said, "is only to be acquired by experience, and by studying the campaigns of all the great captains."

Foch has been a lifelong student of military history. In the spring he was acting up to Napoleon's dictum—"the measure which is not profoundly meditated in all its details produces no result." When Foch was ready he "dared at the right moment." For twenty years past Foch has been profoundly meditating the details of the strategy which has given him such vital success.

Water tanks that work successfully are being made in Australia from native clays, one of 10,000 gallons capacity having been constructed.

## THE WEEKLY SERMON

Behold, how good and how pleasant it is for brethren to dwell together in unity!—Psalm 133, 1.

The individual has a certain relationship to other people. He owes something to his family, his relatives, his community, his state and nation, and to the whole world. Being a man he must bear his share of humanity's burdens, else he is a coward and a useless member of society. Just in proportion to a man's loyalty to other men, both those near and those far off, is his loyalty to himself. It is not true, as some say, that society owes every man a living. It is rather true to say that every man owes it to society to do his share of the world's work.

Now that which is true of individuals, of corporations, of societies, of churches. They owe an allegiance to the larger bodies of which they are a part. And while their independence of action cannot be denied, neither can their responsibility to each other and to the world be neglected.

We are all one body. Church and place are only subdivisions of Christ's blessed kingdom. He is provincial and narrow who thinks his own church, his own home, his own denomination is everything. He must wake up and open his eyes and see how others are working and serving, and bring his special division into line with the whole large body of which his church and his denomination are only parts. For Christianity is an army of Christians. It is not abstract, but concrete. As an earthly army has its soldiers, its companies, its battalions, its regiments, its brigades and its divisions, so has the Lord's army its individual Christians, its churches, its denominations and its great world-wide bodies, and all must be recognized and loyally considered if the individual Christian would reach his highest and best.

### No Man Liveth to Himself

Consider, first, how we need each other, and how that need is best satisfied as we know each other and work and worship together. I need my fellow men; I serve them and they serve me. So my society needs the other societies of my community, my province, my nation. If there is isolation, selfishness, pride in my organization, then it will suffer and its life will grow unhealthy. I need the larger atmosphere which a gathering of many co-workers brings.

### CANADIANS IN RUSSIA

#### Fish and Shoot Game and Turn Their Hands to Many Things.

The Canadian troops with the Allied forces on the River Dvina in North Russia consist of a composite force of specially picked fighting men. The following extracts from a letter from an officer give an excellent idea of the nature and conditions of the expedition:

"We came by train here, and were greatly surprised to find huts nearly ready for us. We have long, narrow board buildings, and we are double-boarding and filling in with stuff between the walls. We have built bunks, and are getting quite comfortable. A— is making a kennel for the 200 dogs when they arrive. I dined with the C-in-C. the first night. Russians, French, and Poles at dinner. A real Russian dinner, starting in with rum (neat), sardines, smoked salmon, cheese, beans, etc. By special request I brought my piper, and he played at dinner and marched around the table later. He made a great hit.

"I have seen ptarmigan and Arctic hare, and one of the men saw a bear this morning. We are sending men out to shoot and fish. A British officer got a forty-two pound salmon the other day after five hours' play. We mess in a boxcar, and hard tack is hard on the teeth, but we are completing an oven, and will get bannocks. Our men are healthy and very cheery. They are in great demand, as they can turn their hand to anything.

"The 'Russiks' here say the Allies will have to stay in Russia for ten years after the war, until there is a stable government.

"The Lapps have not come in yet with their reindeer—two Lapp women only have appeared with reindeer. One of our officers is away south purchasing ponies."

### BABY'S FOOTPRINTS

#### A Record of Identity That Will Carry Weight in Any Court.

As a means of establishing identity in future years, it is now the custom in many countries to take a baby's foot-prints soon after it is born. For, as with finger-prints, the impression affords a life record. That is to say from birth right through till death there will never be any change in the formation of the lines. The only difference will be in the size and, of course, the foot-prints of no two babies are exactly alike.

The impression can be easily taken by any mother in her own home a few weeks after birth. All that is necessary is to cover the sole of the child's foot with printer's ink by means of a roller, and then transfer the impression on to a sheet of paper. Afterwards the ink can be cleaned off the foot with alcohol. Provided that care be taken not to disturb the impression before it is dry, there will then be in existence a record of baby's identity which will carry weight in any court of law in after years.

That is why we have so many conventions of all kinds—bankers, lawyers, doctors, business men, rainmakers. We all get together, compare notes, discuss problems, and so are mutually helped.

Consider, also, that we need to learn one from another. Each society and each church have their own way of doing things and it may be a very good way, but if it is good we should be ready and willing to tell others about it, and if others have a good way of doing things too it may greatly profit us to learn of them. No man is so wise but that he can learn something even from the lowliest of his fellowmen, and the readiness to learn constitutes the noblest character and guarantees the surest advance. No man knows everything. There is no monopoly in goodness as we struggle on to grow in grace. Where I have failed another may have succeeded and his secret of success he should gladly share with me. Whatever good is possessed in the Kingdom of God is common property because it is God's gift, and for any man or church to keep such good under lock and key is to deny others of their inalienable right and to defraud God who gives as well as receive, and in order to give it must come into contact with others.

### The Benefits of Unity

And then, there is so much in common worship. Not only does it deepen and enrich the individual, but it also brings to God that praise and glory which He rightly asks. Christ loves every child of His, and He never loses sight of any one of us. But just as He formed a little body of His disciples and taught them and lived with them, so now He teaches and lives with His church. He loves your prayers and mine when we kneel down in the solitude of our closets. But He loves also our Sunday worship when the people are gathered together and lift up their hearts and voices in praise and supplication.

What are we doing, in association with other Christians, for the welfare of our community? What common voice of protest against evil is raised, what demand made as the plea of all Christians for honor and righteousness? Ah, only as we work and pray together can we rightly claim the promises of God!—Rev. G. W. Tompkins.

## Health

### Fresh Air For Baby.

Keep the baby out of doors. Except in winter, begin when the baby is two weeks old to take him out for a few minutes every day in mild, pleasant weather, increasing the time gradually until he is staying out most of the time. Probably no other thing will do so much to ensure a healthy babyhood as this, and the result will well repay whatever trouble is necessary to secure it. With the exceptions mentioned below, a baby may spend practically all the time out of doors, both sleeping and waking, if there is someone to look after him to see that he is protected against sun, wind and dangerous insects.

A young baby may stay in his carriage or crib on the porch, on the roof, under the trees, or in the backyard, where the busy mother can look after him; older babies who need exercise may be kept in a creeping pen either on the porch or in the yard. If it is not feasible to provide out-of-door sleeping places for these older babies at least the windows of the nursery should be kept wide open most of the year.

When the weather is very cold, when the snow is melting, or when there is a heavy storm in progress or a high wind blowing quantities of dust about, it will be best to give the baby his airing indoors or on a protected porch. Dress him as for going out, open all the windows wide and let him remain in the fresh air for some time. Very young or delicate babies require much heat and must be very warmly covered to protect them against being chilled, and a baby under three months of age should not be taken out in severe weather; but plenty of fresh air is essential to all babies.

When the weather is excessively hot the baby should be taken out early in the day and kept indoors until the late afternoon. From that time on until the rooms have cooled in the evening he should be kept out, being well protected from mosquitoes. If a screened porch is available the health and comfort of the baby will be greatly increased.

"How soon the millenium would come if the good things people intend to do to-morrow were only done to-day." Satisfactory marketing can be done only in person. Food advertisements should be closely followed, and encouraged. Reliable dealers who are up to the minute in food conservation topics, and who take care to display their license numbers on all occasions, should be regularly patronized. The local market is invariably worth encouraging.



## SHAWVILLE BOOT AND SHOE STORE

### House Cleaning Time

It is not the regular time for house cleaning, but in going over our stock, before starting to take stock, we found a number of lines which we would like you to help us clear out.

#### Here is the List :

10 pairs Women's Gun Metal Calf button Boots, sizes 3 to 6, regular price \$5.00, for	\$3.85
12 pairs Misses' Cravenette, fleece-lined Boots, sizes 12 to 2, regular price \$2.50, for	\$1.95
6 pairs Women's pat. but. Boots, cloth tops, reg.	\$3.50 for 2.65
5 " " Gun Metal laced Boots, " "	6.00 " 3.95
4 " " Brown Kid " " "	8.50 " 6.50
9 " " pat. Boots (Invictus) size 3, " "	5.00 " 2.95
5 " " Brown Boots, sizes 3 and 4½, " "	7.00 " 5.85
6 " Men's Cloth Rubbers, sizes 7, 9, 10, " "	2.25 " 1.65
10 " " Strap Rubbers, sizes 5 to 10, " "	1.35 " 75
8 " Women's Button Rubbers, sizes 3 to 5, " "	1.25 " 75
10 " Buskins, all sizes, " "	1.40 " 95

#### These are Real Bargains.

We also have odds and ends in Mitts and Gloves to clear at GREATLY REDUCED PRICES.

#### Call and Investigate.

**P. E. SMILEY**

THE HOUSE of QUALITY.

## BRISTOL ELEVATOR

We advise our customers not to speculate with their Grain this year as the market is down grade. The price for grain was higher a month or two ago. We are in the market for—

Wheat - - at \$2.10 per bush.  
Buckwheat - " 1.15 " "  
Barley - - " 1.05 " "  
Oats - - - - at market price.

Elevator open for Business every day.

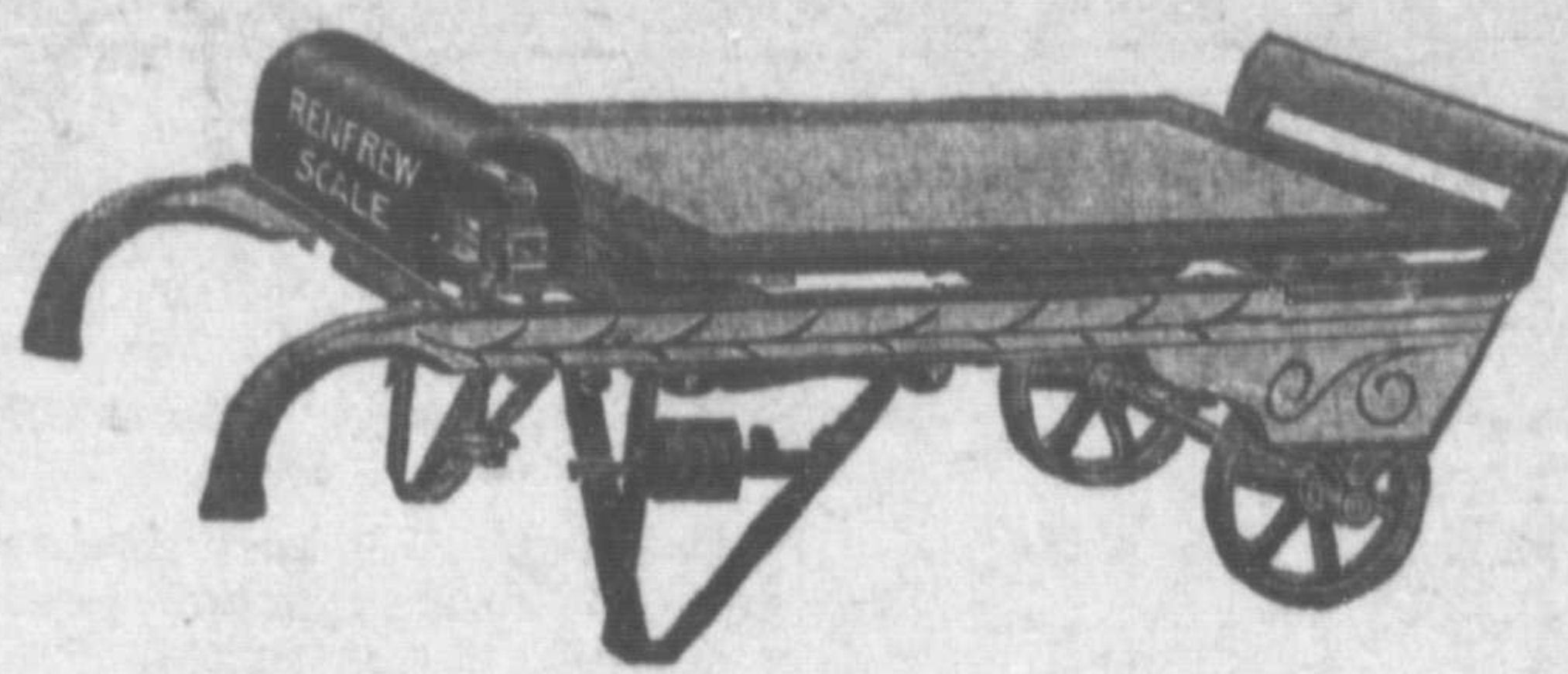
**S. COHEN**

BRISTOL - - - - QUE.

Canada Food Board License No. 8-342.

" " " " No. 12-71.

### The Renfrew Truck Scale



A Reliable Scale for every Farmer.

I also handle

Renfrew Cream Separators,  
Renfrew Gas and Kerosene Engines,  
Renfrew Happy Farmer Tractors,  
Grain Grinders, Fanning Mills,  
Drag Saws, Pole Saws, Belting,  
Shafting, Hangers, Bearings, Pulleys,  
Seeley Pumps, Pump Jacks,  
Harness, Auto Tires.

**H. E. MITCHEM - - SHAWVILLE**  
Opposite Misses Wilsons' Confectionery.

P. S.—Two second-hand Separators,  
Four good Horses.

### Keep in mind the Fact

This is the store that can supply you with your requirements in

Stoves and Pipes, Tinware, Enamelware, Ironware

All kinds of Eavetroughing and Pipe Fitting  
Satisfactorily done. Give us a call

Hides and Pelts bought at highest prices.

**G. W. DALE PRACTICAL TINSMITH**  
Shawville Que.

**SHAWVILLE SASH AND DOOR FACTORY.**  
**R. G. HODGINS, Prop.**

Manufacturer of and Dealer in

**Doors, Sash, Dressed Lumber, etc.**

**Custom Sawing.**

**This Store for Men**

Is always looking Ahead

It is not enough to have waited on a customer courteously, promptly and at a fair price today and stop there—other days are coming. And that is why we are as keen to anticipate a man's future needs as to provide for his present requirements. We are looking ahead here and blazing the way on the fair trail that leads to the goal post on which appear the words—

"Satisfactory Service."

**DOVERS Limited.**

### Local and District.

The "flu," which had practically disappeared from this village, is now more prevalent than in the first instance, about twenty cases having broken out within the past four or five days. All are reported to be doing favorably, however.

#### Deaths

THOMAS A. CUTHBERTSON

At Edmonton, Alta., on Sunday morning, Jan. 5th, of Influenza, Thomas A. Cuthbertson, aged 38 years and 7 months.

JOHN MCCREA

Sunday morning, Dec. 29th, 1918, at Clarendon Front, John McCrea, lately of Arnprior, passed peacefully to his home in the Great Beyond, aged eighty eight years and nine days.

Born in Quebec, December 1830, he came with his parents, when five years of age, to the township of Clarendon, where he remained the greater part of his life, engaged in farming. Of recent years he had resided in Arnprior, where he attended Grace Methodist Church until four years ago. Paralysis deprived him of the full use of his faculties.

He was buried in Shawville cemetery December 31st.

He is survived by his widow and a family of five sons and three daughters:—William J., John A., and Mrs. Hunt (Jennie) of Westlock, Alberta; Francis G., of Danford Lake, Que.; Mrs. Newberry (Sophia) and Osborne of Arnprior; Annie and George at home. Also a brother, Mr. Wm. McCrea and a sister, Miss Isabella McCrea.

The pall-bearers were:—Messrs. Jos. Thompson, S. Dale, Ed. Dagg, J. A. Sturgeon and W. B. Sturgeon.

MRS. WM. FULFORD.

A rather sad case of death from influenza, occurred at Mr. S. Cohen's, Bristol Corners, on Friday afternoon, the victim of the disease being Mrs. Fulford, widow of the late Wm Fulford, of Stark's Corners. The deceased, who well and very favorably known in Shawville, was engaged at Mr. Cohen's, when the disease attacked her. She was a daughter of Mr. and Mrs. Sol Woolsey, of this village, and leaves three young children to mourn her untimely departure, along with other relatives and her parents, who now experience the second sore bereavement within a comparatively short time. The late Mrs. Fulford's remains were interred at Stark's Corners on Saturday.

MRS. JOHN STURGEON

We report with much regret this week the death of Mrs. Sturgeon, widow of the late John Sturgeon, of Clarendon Front, which occurred Sunday morning from pneumonia at the residence of Mrs. Jas Cartie, in town, where the deceased had made her home for some time. The late Mrs. Sturgeon had been in rather delicate health all Fall, and shortly before her death was attacked with pleurisy; and then pneumonia set in, which was swift in its fatal course. She is survived by one son, (William of Clarendon Front) and also several step-sons and daughters, all of whom have the sympathy of many friends in their loss.

### CONFEDERATION LIFE ASSOCIATION

## CALENDARS FOR 1919

Owing to shortage in paper our Calendars for 1919 will be delivered about February. They will be padded from March, 1919, to February, 1920. Upon application to the Ottawa office Calendar will be mailed to you direct.

B. G. ANDERSON, Agent,  
Shawville and Beachburg.  
P. S. ROBERTS,  
Dist. Manager.

### TENDERS

#### For Hauling Gravel.

Municipality of Clarendon.

Tenders will be received for the hauling of 250 yds gravel from pit at George Armstrong's to the Portage du Fort Road—one half to be delivered at Herbert Brown's gate, the other half at John Brown's gate. Hauling to be completed before April 1st, 1919.

All tenders must be in the hands of the Secretary before Saturday, January 18th, 1919. Lowest or any tender not necessarily accepted.

E. T. HODGINS,  
Sec.-Treas.

### TENDERS

#### For Cedars Squares.

Municipality of Clarendon.

Tenders will be received for 15 M ft. (15,000 feet) of Cedar Squares; 5 M ft. to be delivered at Brown's mill, 5 M ft. to be delivered at Somerville's mill creek, 5 M ft. to be delivered at Shawville. Deliveries to be made before 7, p. m., Saturday, April 18th, 1919.

All tenders must be in the hands of the Secretary before 7, p. m., Saturday, January 18th, 1919. Lowest or any tender not necessarily accepted.

E. T. HODGINS,  
Sec.-Treas.

On account of so much sickness prevailing in the neighborhood, the funeral was conducted privately on Tuesday afternoon. Interment in the Methodist Church cemetery.

#### Buy Thrift Stamps.

#### Report of the Clarendon H. M. Club from 1917-1918

Mailed to Soldiers overseas:—  
19 boxes valued at..... \$114.93  
Postage ..... 11.21  
1 box to Halifax, valued at... 93.50

Total ..... \$219.64

To Red Cross —  
5 many-tailed bandages,  
5 body bandages,  
5 suits pyjamas.

From 1818-1919.

43 boxes valued at..... \$256.98  
Postage ..... 25.37

Total ..... \$282.35

To Red Cross:—  
6 suits pyjamas,  
17 wash cloths,  
116 personal property bags,  
3 slumber socks,  
10 pairs socks.

## BUY War-Savings Stamps

On Sale at all

MONEY-ORDER POST OFFICES  
BANKS AND

WHEREVER  
THIS SIGN



IS  
DISPLAYED

BUY War-Savings Stamps for \$4.00 each, place them on the Certificate, which will be given to you; have your Stamps registered against loss, free of charge at any Money-Order Post Office; and on the first day of 1924, Canada will pay you \$5.00 each for your stamps.

As an aid to the purchase of W.-S. S. you can buy THRIFT Stamps for 25 cents each. Sixteen of these Thrift Stamps on a Thrift Card will be exchanged for a W.-S. S. Thrift Stamps do not bear interest. Their virtue is that they enable you to apply every 25 cents you can save towards the purchase of a Government, interest-bearing security.

"If high rates of interest must be paid on Government borrowings it is but right that every man, woman, and child should have the opportunity to earn this interest."—Sir Thomas White.

**\$5.00 for \$4.00**

### FINANCIAL STATEMENT

of the Township of Clarendon for the year 1918.

#### —RECEIPTS—

Cash on hand January 1st, 1918.....	\$3435 58
Total tax collections for year.....	7318 71
Dog taxes collected.....	396 50
Government grants towards roads.....	981 00
Rhody Donahue (on keep of brother).....	25 00
Interest earned in Savings Bank.....	56 30
	\$12213 09

#### —EXPENDITURE—

Ordinary expenditure, as per vouchers.....	\$1597 70
Paid on Bonus and Sinking Fund.....	2395 86
County Rate.....	1460 89
Paid on Road Account.....	3096 06
Cedars, iron culverts and tile.....	869 50
Paid out of Sheep Fund.....	575 08
Cash on hand December 31, 1918.....	2218 00
	\$12213 09

Outstanding taxes Dec. 31st, 1918..... \$5681 65  
E. T. HODGINS, Sec.-Treas.

We, the undersigned Auditors, have audited the books and vouchers of the Township of Clarendon and found them correct.

(Signed) H. S. BAENETT, } Auditors.  
S. E. HODGINS, }

Shawville, January 7, 1919.

Last Thursday was marked by the first really severe weather of the present winter. An early fall of light snow gave place later to a stiff northwest wind with rapidly falling temperature making travelling both slow and marrow-chilling.

### STRAYED

Strayed from the premises of the undersigned one black and white Holstein Cow. Any information leading to her recovery will be rewarded.

MRS. ADAM ELLIOTT,  
Yarm, Que.