

Soldiers!



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FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

It is reported that platinum has been found at Dawson in the Yukon. A syndicate with \$10,000 capital will operate a fruit cannery at Pentecost.

Property owners of South Vancouver must pay over a third more taxes this year.

Prince Rupert gave a great send-off to its last sixty recruits for the march on Berlin.

Victoria had a Sailors' Sunday to advocate church work among the seamen of the port.

Ships flying the American flag are gradually disappearing among the trades of the Pacific.

John B. Lovell, one of the pioneers of Victoria, is dead; he lived there for sixty years.

Strawberry shipments from Creston, B.C., exceed all estimates by 25 per cent. this year.

There is still a good export trade from the coast of sashes, doors and shingles to New Zealand.

Lumbermen of New Westminster will give a machine gun to the Canadian forces for the war.

A man posing as a Swiss reservist was arrested as a German spy in the ranks of the 54th regiment at Vernon.

George McDougall, of Victoria, rescued R. Steele, of the city engineer's office, from drowning at the Gorge.

Munroe and Premier Lakes, near Cranbrook, are to be stocked with salmon fry by the Dominion Government.

U. S. scientists this fall will study the habits of the big game in the Peace River district and Chilcotin country.

Moving pictures are being made of the mountain scenery of British Columbia to advertise the railways and country.

Wilfrid Miller, proprietor of the Goldstream Hotel, on the Malabar Drive, Victoria, was killed in an auto accident.

W. E. Scott, Deputy Minister of Agriculture for British Columbia, says there has been shocking economic waste in the west.

The lumber trade from British Columbia to China has decreased fully 50 per cent., according to shipping men of the Pacific.

It is not expected the salmon catch on the Fraser River will nearly equal last year's harvest, and canned fish is in demand.

FRESH AT NIGHT

If One Uses the Right Kind of Food. If by proper selection of food one can feel strong and fresh at the end of a day's work, it is worth while to know the kind of food that will produce this result.

A school teacher in the West says in this connection: "At the time I commenced the use of Grape-Nuts my health was so poor that I thought I would have to give up my work altogether. I was rapidly losing in weight, had little appetite, was nervous and sleepless, and experienced almost constantly a feeling of exhaustion."

"I tried various remedies without good results; then I determined to give particular attention to my food, and have learned something of the properties of Grape-Nuts for rebuilding, body, brain and nerves."

"Since using Grape-Nuts I have made a constant and rapid improvement in health, in spite of the fact that all this time I have been engaged in strenuous and exacting work."

"I have gained twelve pounds in weight and have a good appetite, my nerves are steady and I sleep sound. I have such strength and reserve force that I feel almost as strong and fresh at the close of a day's work as at the beginning."

"Before using Grape-Nuts I was troubled much with weak eyes, but as my vitality increased the eyes became stronger."

"I never heard of another food as nutritious and economical as Grape-Nuts."

"There's a Reason." Name given by Canadian Postum Co., Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

ALFONSO ALONE GETS A HOLIDAY

SPAIN'S KING SPENT SUMMER AS USUAL.

The King and Queen of Spain Could Not Go to England this Year.

The Spanish royal family is one of the few in Europe which takes its summer holiday as usual, untroubled by the momentous issues of the war. There seems to be no doubt that Spain will remain neutral as long as the war continues, this being possible through her geographical position away from the theatre of war. King Alfonso and Queen Victoria did not go to England for their annual summer visit because, of course, that would indicate their sympathy with Great Britain in the war, and would be considered unneutral. The Queen has been accustomed to go to the Isle of Wight to visit her mother, Princess Henry of Battenberg, while the King enjoyed the Cowes regatta.

The summer air of the Spanish capital is said to be far from healthy, and the death rate is double that of London, consequently Queen Victoria and her children have taken up their residence at La Granja, near the city of Segovia, only an hour's trip by motor car to the capital. The King goes back and forth nearly every day, acting as his own chauffeur, to meet his Ministers and keep in close touch with official affairs.

Royal Summer Home. He has loaned an apartment at the Prado Palace, not far from Madrid, to his cousin, Prince Alfonso, and his young wife, Princess Beatrice of Saxe-Cobourg-Gotha. She is a younger sister of the Queen of Rumania, and was educated in England, when her



King Alfonso

father was enjoying his English title of Duke of Edinburgh. She and Prince Alfonso made a runaway match a few years ago, and King Alfonso showed his displeasure by depriving his cousin of his military honors.

The Prince went to France and obtained a commission in the French army, and wanted to fight with the French soldiers in this war. His mother, the Infanta Eulalie, lives in Paris, and is ardently sympathetic with the allies. King Alfonso persuaded his cousin to give up such an idea, and he has rewarded him by reinstating him in the Spanish army.

The King is spending the latter part of the summer at San Sebastian, where he is particularly happy, because he spent most of his babyhood there, growing strong in the sea breezes. He likes to go down to Miramar, the private palace of his mother, the Dowager Queen Marie Christina, which is close to the sea in the Bay of Biscay. He has only to cross the road from the garden to get into the sea.

The King's Bath. The royal children take possession of Miramar, to the complete satisfaction of their grandmother.

The children are dressed simply in sailor suits with short socks, and they stay out of doors most of the day, playing in the sand or going in bathing. When the King takes his dip in the sea he begins by seating himself in his mother's garden in a little summer house built like a railroad car. It is run down into the water, and the only way the curious spectators on the beach have of knowing that the King

is in their midst is by the violet flag with the royal arms in gold, the "Pendón de Castle," which is hoisted over the commodious bathing machine. The moment he enters any building this flag is unfurled, and etiquette demands that he must take his sea bath with it floating over his head.

QUAINT INN NAMES.

Germany Holds the Record for Fantastic Names.

Scattered throughout England are some curious inn names, but Germany probably holds the record for out-of-the-way signs and fantastic names. The most absurd results are usually obtained by the name of some animal with a more or less unsuitable object. The Comfortable Chicken and the Cold Frog, both of them in Berlin, are certainly left in the shade by the Angry Ant (Ort, in Westphalia), and the Stiff Dog (Berlin). The Lame Louse is an inn in a suburb of Berlin, and not far from it is the thirsty Pelican, The Dirty Parlor, the Bloody Bones, the Musical Cats, the Four Hundred-weight Man, and the Boxers' Den are all in Berlin or in the neighborhood, and the Old Straw Bag in Leipzig. The Open Bungalow is in Stettin, in the Palatine, and the Shoulderblade in Jerichow. The Last Tear is a landlord's notion for the name of his inn, situated near a graveyard, visited by returning mourners, and is of frequent occurrence throughout the Fatherland.

NOTHING TO EQUAL BABY'S OWN TABLETS

There is nothing to equal Baby's Own Tablets for little ones. They are absolutely safe and are guaranteed free from opiates and never fail in giving relief from the minor ills of babyhood and childhood. Concerning them Mrs. Albert Bergeron, St. Agapit, Que., writes: "My baby was suffering from constipation and teething troubles and Baby's Own Tablets quickly cured him. Now I always keep them in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

RECOVERS HIS SPEECH.

Wounded British Soldier Also Able to Hear Now.

Robert Beck, of Chicago, who was made deaf and dumb by an injury sustained while fighting with the British Army, suddenly recovered his speech and hearing in a Liverpool hospital. Beck, who was a motor cycle policeman on the Chicago force when the war began, became a despatch bearer with the British troops, and was struck down by a sniper's bullet in Flanders. He was taken to Liverpool. From the day of his injury he had been unable to hear or speak until he was taken with other convalescents to a moving picture entertainment in Liverpool. While watching a comic picture he suddenly burst out in laughter. The next moment he found that he was able to talk and hear normally.

Tea on the Battlefield.

Tea suddenly becomes one of the items of war material, and the price has gone up in the primary market about thirty per cent., with prospects of a real shortage and still further advances in price. When warring armies start buying tea for rations on the field with its attendant great waste, and the entire Russian people are suddenly deprived of vodka and turned to tea, then it can scarcely be surprising that such a fluctuation should occur in the price of tea.

Messrs. Henderson & Co.'s latest monthly circular issued from Ceylon and just to hand states: "A feature of the market was the record prices paid for flavor tea. The oldest members of the tea trade in Ceylon could not remember such high prices being realized before."

OLD AND NEW IN WAR.

Battles Are Won By Poisoning the Air By Chemicals.

One of the curious features of this war is the reversion to methods of fighting counted obsolete. The grenades, bayonet-sparring, airmen's darts, and many others, remind us of ancient days. And there is talk of rigging out the soldier in steel helmet, cuirass, and shield. In truth it would not take long for the Roman legionary to get his hand in this new Gallic war. The "Black Marias" and "Jack Johnsons" he would hardly take kindly to. But once "blooded" to the artillery the rest would come to him as all in the day's work. For the Roman man-at-arms was ever a great man with the spade and the short "gladius" it was that won Rome's battles. How he would smile to hear that the French are abbreviating their bayonets. Macaulay says somewhere that the nation that shortens its weapons lengthens its borders. May it be so in this case!

All the brave superfluities of war—the waving banners, nodding plumes, sabretaches, busbies, feather bonnets, epaulettes, sashes, and ribbons—all that clinks and shines and flames have been taken away. The calling of the soldier has no more part in the lust of the eyes, the pride of the flesh. Battles are won by poisoning the air by chemical prescription.

About the only good thing some men have is a reputation for being

Appendicitis Prevented Life Lengthened Health Maintained

Doctors say if people kept their bowels in proper order there would be no such disease on record as appendicitis. It is due solely to neglect, and is therefore preventable. If you have constipation, bad breath or headache you need medicine right away. The moment you suspect your bowels are clogged you should take Dr. Hamilton's Pills, the smoothest regulator of them all. They move the bowels and cleanse the liver so smoothly you scarcely notice the effect. But you get the action just the same. Taken at night you wake up next morning, clear headed, hungry, rested, energetic, feeling like a different man. Why don't you spend a quarter to-day and try Dr. Hamilton's Pills. They work so easy, just as nature would order, never gripe or cause headache. Finest thing for folks that are out of sorts, depressed, lacking in color and spirits. Folks that use Dr. Hamilton's Pills are never sick, never have an ache or a pain,—feel good all the time simply because the system is clean, regulated and healthy. This you can easily prove yourself.

TRUE PATRIOTISM.

The excellent patriotic work of the File Indians at Balcarros, Sask., continues, and the Canadian Pacific through Mr. W. R. Baker, the Secretary of the Company, has received another encouraging report. It was in October last year that thirty-three of these colonists subscribed \$502.10 to the Patriotic Fund, each farmer giving a certain number of bushels of grain, which when sold amounted to the above sum. During the winter that followed, the now famous File Indian Brass Band gave concerts, thereby raising another \$212.00, which went to the Belgian Relief Fund, and since March last, the Red Cross Branch of this Colony has raised \$500.00 and endowed a bed in Cliveden Hospital. The young Indian women have done a great deal of knitting and sewing. The branch has a membership of 86, while there are only one hundred and sixty souls—thirty-eight men, twenty-six women and ninety-six children—in the colony. The patriotism of these Indians does not stop here. Two young men went to the front with the second contingent, and six more are going with the next. The File Indians lay claim to having the oldest Red Cross Society member in the British Empire in the person of Pointed Cap. This celebrated character says that he is the ripe old age of 107, and on November 12th next will attain his 108th year. He is now an "associate member" of the Red Cross, and proudly wears on his heart the little red cross, the emblem of the society. It is quite possible that in addition to the six latest recruits for the front, older members of the colony will go, as one man who is the father of nine children has expressed his intention of so doing, and his wife says "I will not stop him." Despite the fact that a hailstorm last month destroyed all the crops in the colony, the File Indians are not downhearted, and have made arrangements to continue their good work during the coming winter months to aid the boys across the sea, thus showing a patriotism worthy of a king.

The Diplomatic Way.

"My neighbor, in the most urbane way, has notified me to keep my chickens out of his garden."

"And you?"

"With the utmost courtesy I have informed him that my chickens may go where they please."

"You must have been reading up on diplomatic matters."

"Yes, it all illustrates current progress. A year ago, over the same episode, we would have been scrapping."

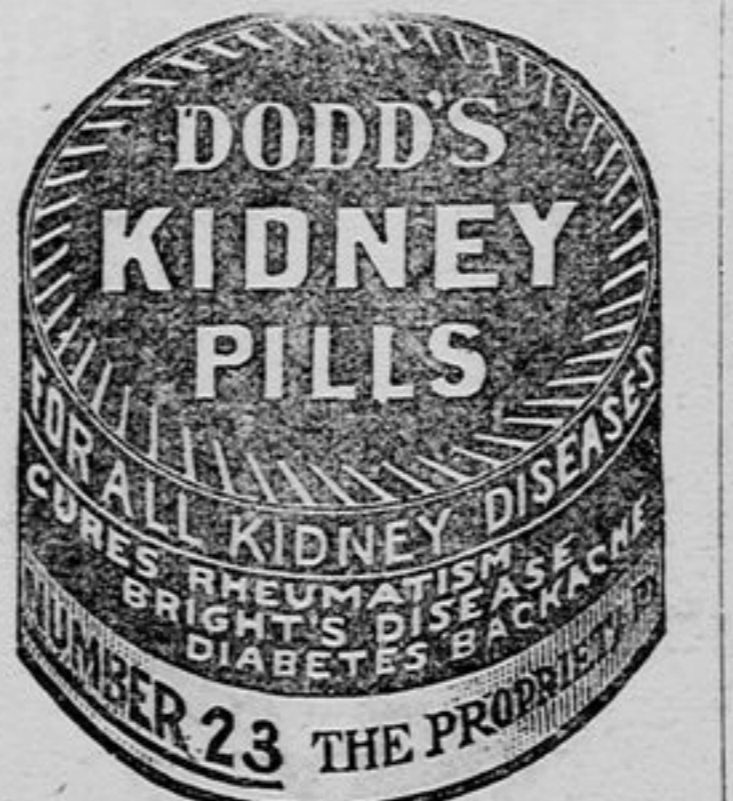
Minard's Liniment Cures Burns, Etc.

The Power of Cheerfulness. Go forth to-day with cheer in your heart! And so, go forth on every day. Surprising will be the power of it. You will soon redeem the errors of the past; you will do better work and more work. And your cheerfulness and work will cheer, inspire and uplift everyone around you. Oh, wonderful is the power of cheerfulness! Oh, wonderful is the good it does.

For Appearance Sake.

One day Pat appeared on the street with a huge tear in his coat sleeve. "Look here, Pat," protested a friend, "why don't you get that hole mended?"

"Not Oh, sir," said Pat, "a hole may be the result of an accident, but a patch is a sure sign of poverty."



ED. 7. ISSUE 39-'15.

HIS MAJESTY THE KING.

The Rose, the Thistle, the Shamrock, Dear emblems over the sea, Are all of them loving tokens Of the homage we offer thee.

The central king of the nations Is throned on the hub of the wheel, And all the spokes are British oaks, And the fellows are bound with steel.

The God of Light sustain thy might! And may'st thou never forget The weal of those mighty dominions On which the sun doth not set.

The pulse of thy Sovereign power Vibrateth in every land. We pray for peace, but if it cease We're all at the King's command.

From this fair land of the Maple, This granary of golden wheat, We bring our tribute and fealty And lay them at thy feet.

This the prayer of Canadian hearts, May thy Majesty never lack The men or the might to defend the right, And the fame of the Union Jack.

Three cheers for the King of England! With three for the Red, White and Blue! May the King have peace and plenty, And the love of his subjects, too. —F. Falling, Vancouver, B.C.

Corns Applied in 5 Seconds Cured Bore, Blistering feet from corn-pinchd toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c. bottle of "Putnam's" to-day.

In a Bad Fix.

The well-beloved bishop of a certain Southern State is so absent-minded that his family is always apprehensive for his welfare when he is away from home.

Not long ago, while making a journey by rail, the bishop was unable to find his ticket when the conductor asked for it.

"Never mind, bishop," said the conductor, who knew him well, "I'll get it on my second round."

However, when the conductor passed through the car again the ticket was still missing.

"Oh, well, bishop, it will be all right if you never find it!" the conductor assured him.

"No, it won't, my friend," contradicted the bishop. "I've got to find that ticket. I want to know where I'm going."

Horrible Dream.

"I dreamed last night that I owned the earth."

"That was a pleasant dream."

"Quite the contrary. When the first of the month came around 3,000,000 people threatened to move."

Minard's Liniment Cures Dandruff.

Impelled by Duty. "I must say these are fine biscuits!" exclaimed the young husband.

"How could you say those are fine biscuits?" inquired the young wife's mother in a private interview.

"I didn't say they were fine. I merely said I must say so."

W. S. PINEO.

"Woodlands," Middleton, N. S.

His Habit.

"You'll have to quit smoking," said the physician.

"I don't smoke."

"Then you'll have to quit drinking."

"I don't drink."

"Haven't you any habits?"

"None at all—except taking medicine."

Minard's Liniment for sale everywhere.

Smash Up—Jack—"What sent Algy to the insane asylum?" Tom—"A train of thought passed through his brain and wrecked it."

THE GIDLEY BOAT CO., LIMITED, PENETANG, CAN.

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THE GIDLEY BOAT CO., LIMITED, PENETANG, CAN.

GILLETT'S LYE EATS DIRT



His View.

Optimist—What do you consider the greatest thing that ever happened?"

Pessimist—It hasn't.

Minard's Liniment Relieves Neuralgia.

Her Destination. In London they tell of an American woman of great beauty and attractiveness who is devoted to the Irish cause. At a social function one evening she chanced to remark: "Really, I believe I was meant for an Irishwoman."

Whereupon a Celt arose to the occasion: "Pardon me, madam," he said, "a good many would back me in saying that you were meant for an Irishman."

Half a million letters are sent to British soldiers on the Western front every day.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDREN'S SORES

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

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

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"America's Standard 4 Cycle Marine Motor" —Cylinder, 2 1/2 in. B.P. Highest quality. Like the best Motor Car engine. Extraordinary economy. Runs on kerosene. Guaranteed to give over 20 per cent. of the world's leading best motor. Write for particulars. KERMATH MFG. CO., Ltd., Detroit, Mich.

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Reduces Bursal Enlargements, Thickened Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. \$2.00 a bottle at druggists or delivered. Book 1 M free. ABSORBINE, JR., for mankies—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. \$1.00 a bottle at druggists or postpaid. Will tell you more if you write. Made in the U. S. A. by W. F. YOUNG, P. D. F., 516 Lyman's Bldg., Montreal, Can.