KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentry and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if troubles come suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

COTTON AND WARFARE.

Not a Shot Fired Which Cotton Has Not Propelled.

W. S. Hopkins, Secretary of the British conference of Chemists and Engineers, advances the following strong views:

When a shell, whether high explosive or shrapnel, is manufactured, two separate and entirely different charges are used. One is the charge necessary to send the shell from the gun and launch it over the trenches, and the other is to burst it and scatter the shot and shell over our men after it has reached the spot chosen. Now take away or capture the propelling charge and the gunner will have to throw his shell or use hand-grenades, which are impracticable for long distances.

This country has failed in its duty by allowing the raw material to go freely to the enemy for the manufacture of further supplies.

This material is cotton, one of the few materials which the Germans cannot do without. Not a shell is fired that is not propelled by cotton, and not a machine-gun or rifle bullet which has killed and wounded our brave men that has not been sent on its way by cotton. Mr. Lloyd George stated in the House, recently, that one of the surprises of this war has been the extraordinary amount of ammunition used, and that "during the fortnight of fighting in and around Neuve Chapelle almost as much ammunition was spent by our artillery as during the whole of the Boer War."

A moderate computation of 300,000 shots fired by the Germans, Austrians, and Turks from their ordinary 3-inch field guns every twenty-four hours necessitates a consumption of 500 tons of cotton. If one-tenth of the 300,000 shots is fired by, say 6-in. guns the expenditure of cotton is 900 tons every twenty-four hours. Add to this 100 tons a day for the enormous expenditure of ammunition for machine guns and for the millions of rifles in use, we get a total of 1,000 tons of cotton consumed a day.

Yet, although these facts must have been known a few weeks after the outbreak of war, our enemies have been allowed to import freely.

A Substitute for Cotton Wool.

The Red Cross authorities in Britain having pointed out the scarcity and dearness of cotton wool for dressing purposes, and explained that the moss on the hills is an excellent substitute, the school children in Strathblane parish have taken the matter up, and, under the direction of the shepherds, have been gathering moss and bringing it to the school. In school the moss is picked clean and sewn up in cheap little bags. Already 500 to 700 of these bags have been made up, and over 500 are in use in hospitals in Rome.

NO IDEA

What Caused the Trouble.

"I always drank coffee with the rest of the family, for it seemed as if there was nothing for breakfast if we did not have it on the table.

"I had been troubled for some time with my heart, which did not feel right. This trouble grew worse steadily.

"Sometimes it would beat fast, and at other times very slowly, so that I would hardly be able to do work for an hour or two after breakfast, and if I walked up a hill, it gave me a severe pain. (The effects of tea are very similar to those of coffee because they each contain the drug, caffeine.)

"I had no idea of what the trouble was until a friend suggested that perhaps it might be coffee drinking. I tried leaving off the coffee and began drinking Postum. The change came quickly. I am glad to say that I am now entirely free from heart trouble and attribute the relief to leaving off coffee and the use of Postum.

"A number of my friends have abandoned coffee and have taken up Postum, which they are using steadily. There are some people that make Postum very weak and tasteless, but if made according to directions, it is a very delicious beverage." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c package.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage **instantly.** 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

He Is, All Right.

"Dear Teacher," wrote the anxious mother, "I am afraid Johnny is not trying enough!"

"Dear Madame," replied the nervous teacher, "I assure you Johnny is the most trying boy in his class!"

Comforting News.

Professor of Chemistry—If anything should go wrong in this experiment, we, and the laboratory with us, might be blown sky high. Come closer, gentlemen, so that you may be better able to follow me.

Took No Chances.

Old Waiter—So, sir, you went after the job I thought you believed that the office should seek the man?

Old Patron—I do, but this is a fat job and I thought it might get winded before it reached me!

Corns Drop Out

Instant Relief

Paint on Putnam's Corn Extractor to-night, and corns feel better in the morning. Magical the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c. bottle of "Putnam's" Extractor to-day.

Along The Main Line.

"Our new cook is a great improvement over the old one."

"In what way?"

"She only requires a week's notice when we are going to have company for dinner."

Montreal, May 29th, '09.
Minard's Liniment Co., Limited.
Yarmouth, N.S.

Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.

Yours very truly,
THOMAS J. HOGAN.

The Champion Clog and Pedestal Dancer of Canada.

When He Remembers.

"What, fighting again? How many times must I tell you not to fight?"

"I don't know, ma. You see I forget all about your instructions except when the other boy is bigger than I am."

LOW FARES TO THE CALIFORNIA EXPOSITIONS VIA CHICAGO & NORTH-WESTERN RY.

Four splendid daily trains from the New Passenger Terminal, Chicago to San Francisco, Los Angeles and San Diego. Choice of Scenic and Direct Routes through the best of the West. Something to see all the way. Double track, Automatic electric safety signals all the way. Let us plan your trip and furnish folders and full particulars. B. H. Bennett G.A 46 Yonge St., Toronto, Ontario.

THE GERMAN BELIEF.

Acts on the Idea That Might Makes Right.

So far as the Germans defend their attack upon the Lusitania and the other misdeeds of their submarine warfare on merchant ships, it is as reprisal or retaliation, says the Outlook. England, they say, has in her blockade and mine-laying exceeded former limitations of international law; therefore Germany may kill noncombatants as she chooses. This can hardly be called argument; it is that vicious misuse and expansion of technical rules that Germany has shown from the first; Antwerp has fortifications miles away from the city; therefore, it is right and honorable purposely to drop bombs on houses in the centre and kill women and children; some Belgians may have fired on German soldiers, therefore it is right to kill and burn indiscriminately in Louvain. And so on through the series of savage acts which have made Germany's conduct in this war horrible and repulsive. The old cry that England's blockade is starving German people has been overexploited and its falsity is known. Germany is not carrying on her submarine war to get food into Germany, but to keep munitions of war out of England—a perfectly proper object, but not one to excuse atrocities. The fact is that from the beginning Germany has acted on the belief that might makes right; proof gathers that her purpose was aggressive from the start, and so far as she is now on the defensive it is from necessity alone. If neutral nations accept her plea of necessity for uncivilized warfare, they may later have to deal with that aggressive purpose exercised against themselves.

WOMAN FARMERS.

Are Now Supplying the Paris Market With Vegetables.

The success with women have contended with the difficulties of farming is indicated by a report from the department of Meurthe and Moselle, France. Of the 600 communes comprising this department, 316 were taken by the Germans, and 171 of them are still occupied or are so close to the fighting line that the inhabitants have been unable to return. In the balance of the department women replacing men have succeeded in seeding the full acreage of oats and wheat in the communes that were not affected and 70 per cent. of the acreage of the communes that were devastated and have since been liberated. There was not only a lack of male help in this work, but it was seriously compromised by lack of horses. To facilitate the work the Government advanced the sums necessary for the seed and agricultural implements on anticipated indemnities.

The creaking, lumbering, two-wheeled carts loaded with carrots, turnips, cabbages, onions and other vegetables, driven by men in capes resembling the Alpine Chasseur's "beret," that were to be encountered in the streets of Paris before the war are now driven by women. It is due almost entirely to them that Paris is not deprived of the famous cauliflower from Chambourcy, the celebrated white turnips of Croissy-sur-Seine, the carrots of Montesson and the delicious green peas of Ciamart, as well as the luxurious asparagus of Argenteuil.

Chronic Skin Disorders Now Overcome Quickly

There is no hope of getting rid of disfiguring skin blemishes until the blood is purged of every trace of unclean matter.

Wonderful results follow the use of Dr. Hamilton's Pills which provide the blood with the elements it needs to become rich and red.

Quickly indeed the blood is brought to normal strength, is filled with nutrition, is given power to drive out of the system the humors that cause rashes, pimples, pasty complexion and kindred ills. Don't delay. Get Hamilton's Pills to-day; they go to work at once and give prompt results. Mild, efficient, safe for men and women or children. Get a 25c. box to-day from any dealer.

VANISHING GOLD.

What Is the Reason for Its Curious Elusiveness

What becomes of gold?

It is one of the oldest metals in human use—there are gold beads dating back to the stone age. It is an object of almost universal desire. It is proof against almost all the influences which destroy other metals, and it has been mined in enormous quantities. Yet to-day more than two-thirds of the gold in use has been dug since 1849.

What becomes of the rest? Where is the gold that set Jason wandering into the Black Sea, that filled the treasures of Croesus, that paid the terrible tribute which Persian kings assessed against the Punjab? What has happened to the yellow dust and "electrum"—an alloy of gold and silver—which negro traders brought down the Nile to Egypt for four or five thousand years? Ancient gold, like that of modern times, was used for money and for ornaments, but both have disappeared. Where?

The most enduring of metals, and yet the most evanescent; perpetually sought and yet constantly escaping the hands of even the successful seeker—that is gold. What is the reason for its curious elusiveness?

Tea in the Trenches.

It is said that tea is the favored beverage of the soldiers in the trenches. It is certain that tea is the most refreshing and sustaining drink under the circumstances, and it has good warmth-giving qualities. It is the first experience of tea for many of the soldiers, and the taste will undoubtedly spread when they return to their homes after the war. In fact, everything points to a greatly increased consumption of tea all over the world, and as the supply is insufficient to cope with it, the high prices now obtaining may continue for some years.

An Industrious Constable.

In a small town the constable received by post six "Rogues' Gallery" photos of an old offender taken in different positions. A fortnight later the constable sent this message to the city chief of police: "I have arrested five of the men and am going after the sixth to-night."

Minard's Liniment Cures Colds, Etc.

PAPER LIFEBOATS.

A Life-Saving Craft Almost Immune to Wreck.

A paper lifeboat that can be packed away in the space of about one cubic foot, but that, when inflated, is seaworthy and durable, is the invention of a retired admiral of the Japanese navy, says London Tit-Bits.

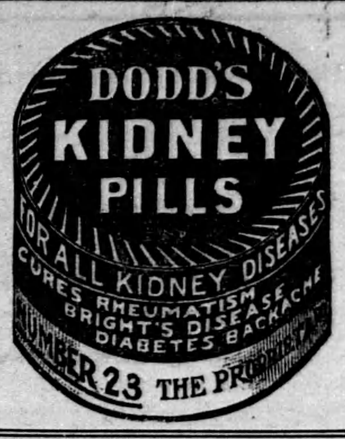
The boat is constructed from the Japanese paper called hashikirazu, which is treated chemically to make it waterproof. The paper comes from the mulberry tree. It is unusually durable, and possesses great strength when the stresses are in the direction of the fibre.

A thin sheet of paper that is strong when stressed in any direction is made by pasting together two sheets with the fibres crossing at right angles. The first boat that the admiral made was merely a kind of large pillow with a depression in the centre, the whole being inflated with air. Because of the ease with which paper can be punctured, it was necessary to change the method of construction, so several pipe-like bags were made and placed side by side in the form of a raft, and that raft finally modified to a craft something like a boat in shape.

The result is a life-saving craft almost immune to wreck, for even if one or two of the pipes are punctured or broken, the boat still is buoyant enough to be seaworthy.

Owing to its strength and lightness, and its waterproof qualities, the hashikirazu paper is evidently adapted to a wide range of uses, among which are the making of coverings for aeroplane wings and for dirigible balloons.

Minard's Liniment Cures Garget in Cows



AFTER WATERLOO.

When Waterloo and Wellington are one of the chief topics of conversation it is interesting to read the following letter by Wellington the day after the battle of Waterloo:—

"Poor Canning had my small despatch-box in our battle yesterday, and when he was killed it was lost. I shall be very much obliged if you will send me another of the same size as the last, with same lock and key and leather cover, &c., as soon as possible. Let it have in it a small silver or thick glass inkstand with one of Bramah's patent penholders and one of his pens. What do you think of the total defeat of Buonaparte by the British Army? Never was there in the annals of the world so desperate or so hard-fought an action or such a defeat. It was really the battle of the giants. My heart is broken by the terrible loss I have sustained of my old friends and companions and my poor soldiers. I shall not be satisfied with the battle, however glorious, if it doest not of itself put an end to Buonaparte.

"Poor Canning" was Lieut.-Colonel Charles Fox Canning, the duke's aide-de-camp throughout the Peninsular War and at Waterloo, and brother of Lord Stratford de Redcliffe.

HAVE YOU A BAD SORE?

If so, remember these facts—Zam-Buk is by far the most widely used balm in Canada! Why has it become so popular? Because it heals sores, cures skin diseases, and does what is claimed for it. Why not let it heal *your* sore?

Remember that Zam-Buk is altogether different to the ordinary ointments. Most of these consist of animal fats. Zam-Buk contains no trace of any animal fat, or any mineral matter. It is absolutely herbal.

Remember that Zam-Buk is at the same time healing, soothing, and antiseptic. Kills poison instantly, and all harmful germs. It is suitable alike for recent injuries and diseases, and for chronic sores, ulcers, etc. Test how different and superior Zam-Buk really is. All druggists and stores at 50c. box. Use also Zam-Buk Soap. Relieves sunburn and prevents freckles. Best for baby's bath. 25c. tablet.

FARM FOR RENT.

IF LOOKING FOR A FARM, CONSULT me. I have over Two Hundred on my list, located in the best sections of Ontario. All sizes. H. W. Dawson, Brampton.

NEWSPAPERS FOR SALE.

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

FOR SALE.

REGISTERED YORKSHIRE SWINE —Both sexes; choice quality and breeding, four months old. Prices moderate. Wm. C. Wilson & Son, Hawkestone, Ont.

60 LEADING VARIETIES of POULTRY, geese, ducks, turkeys, guineas, pheasants, pigeons, rabbits, fox terriers, rat dogs, pea-fowls, at a very low price. Must make room for winter. Write for prices. G. B. Damann, Northfield, Minn.

MISCELLANEOUS.

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.

KERMATH Marine Engines

"America's Standard 4 Cycle Marine Motor"
4 Cycle, 4 Cylinder, 12 to 20 H.P. Highest quality. Silent operation. No vibration. Controls like the finest Motor Car engine. Extremely economical on fuel. Used as standard equipment by over 80 per cent. of the world's leading boat builders. Catalog on request. $180 to $300 depending on equipment.
KERMATH MFG. CO. Dept. Detroit, Mich.

Fall Term Opens September 1st.
ELLIOTT Business College
734 Yonge St., TORONTO.
A High Grade School. None Better in Canada. Write for New College Announcement.

Highest Cash Prices Paid for
GINSENG

We are the largest buyers of Ginseng in America and have the greatest demand for it. We can therefore pay you the highest cash prices. If you have any wild or cultivated Ginseng, write for our latest price list, or ship what you have and we will submit you our highest offer.

David Blustein & Bro.
162 W. 27th St., New York, U.S.A.

In Her Mind.

Mrs. Smythe called on a friend, expecting to be asked to stay for luncheon. But the friend didn't ask her, and so Mrs. Smythe, secretly much disappointed, rose to go.

She didn't intend in the least to show her regret, but involuntarily as she put out her hand, she said:

"Well, good-by, dear Mrs. Luncheon."

Minard's Liniment Cures Diphtheria.

Garlic, salt, bread, and steak are put into the cradle of a new-born in some parts of Holland, in order to keep harm away.

EATS DIRT GILLETT'S LYE CLEANS DISINFECTS

Defined.

"Pop, what is 'leisure?'" asked little Rallo.

"Son," replied senior, "it's the odd five minutes I get when mother doesn't remember what she has for me to do."

Minard's Liniment Cures Distemper.

"Overstern" V Bottom Motor Boat $55.00

Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.

Specification No. 2B giving engine prices on request. Get our quotations on—"The Penetang Line" Commercial and Pleasure Launches, Row boats and Canoes.

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

DON'T LET LICE EAT UP YOUR EGGS!

A few vagrant lice will multiply so rapidly that they will soon have the chickens and chicken-house alive with them. Lice suck all the nourishment out of a hen's body—thus, prevent hens from laying—destroy the little chicks—breed disease and ruin the flocks.

Even if you see no signs of lice, be on the safe side—dust fowls and pens with

International Louse Killer

It kills lice on chickens, geese, turkeys; kills fleas on dogs; kills ticks on sheep; and is absolutely harmless to fowls and animals.

It's a white powder, put up in handy sifting-top box, with tin cover. Big box—small price—25c from dealers everywhere in Canada, or by mail direct from us at 35c, which includes postage.

Sold on a positive guarantee to refund your money in any case of dissatisfaction. Keep your chickens clean and healthy with INTERNATIONAL LOUSE KILLER. Get a box from your dealer to-day.

FREE INTERNATIONAL POULTRY GUIDE

The International Poultry Guide will be mailed free to every person interested in poultry who reads this advertisement and in writing to us mentions this paper.

Our Poultry Guide is a neat, handy little book telling you many of the things you want to know about feeding poultry. It gives valuable information on what is required in foods to Make Chickens Grow and to Make Hens Lay. Also gives information on TURKEYS and DUCKS. Tells about common ailments and diseases of poultry and how to cure them.

Better send now for your copy while you are thinking about it. WRITE DEPT. A

International Stock Food Co., Limited, Toronto

Protect Our Homes

Our Boys are in the trenches. But we Canadians have a man's work to do,—right here at Home.

We are threatened by cowardly enemies. From these we must protect ourselves.

The Peabodys Overall Factory (Walkerville, Ontario) was bombed on the night of June 20th, because of its activity in making uniforms for Lord Kitchener's Army. The Windsor Armoury's destruction was attempted the same night because soldiers were sleeping there. The same enemy agency attempted to blow the C. P. R. Bridge at Port Arthur, also the Welland Canal. Attempts to kill and destroy in this cowardly manner have been made all over the Dominion.

So—Rally to the Home Guard.

This Patriotic Movement for the protection of our homes and public institutions is sweeping across Canada.

Your King and Canada Need You.

Every man, woman and child of you.

To support the Home Guard is merely a pledge of the loyalty and the patriotism of those who cannot go to the front.

So—Support the Home Guard.

Clip the attached Coupon. Sign it and get a handsome Home Guard Button Free from the nearest store which is Agent for PEABODYS "Bomb-Proof" Overalls. Every PEABODYS dealer is official distributors of Home Guard Buttons and Uniforms. See the news columns of this newspaper for the official representative of the Home Guard in your town, he will give you your Home Guard Button.

Yours for Loyalty and Home Protection,

THE PEABODYS COMPANY, Limited,
Walkerville, Ontario.

Cut out this Coupon and Exchange it for a Home Guard Button Free.

I will lend my moral support to the Home Guard. I will do all I can to assist our Government to Protect the Home.

As a pledge of which I will wear a Home Guard Button.

Name_____

Address_____

Present coupon for Exchange at the nearest Agent of Peabodys Overalls.