Soldiers!-

Get Waterman's Ideal Fountain Pen

POCKET SELF-FILLER

For the Home Letters

The Pen for Active Service. Is always ready to write on any kind of paper, anywhere. Will last for years after the war is over.

Regular, Safety and Self-Filling Types. $2.50 and up

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L. E. Waterman Company, Limited, Montreal

From Erin's Green Isle

NEWS BY MAIL FROM IRELAND'S GREEN SHORES.

Happenings in the Emerald Isle of Interest to All True Irishmen.

Steps have been taken with the idea of organizing Ireland as a munition producing area.

At a meeting of the North Kildare Farming Society, it was decided to hold the annual show on September 29th.

The Ulster Unionist Council has passed a resolution protesting against Ireland's exclusion from the Registration Bill.

A man named Martin Kelly, of Bawn, employed at D'Arcy's Brewery, met his death by falling into one of the large vats.

Sergeant Albert Charley, 42nd Brigade, R.F.A., is the latest of the Athlone soldiers to secure the Distinguished Conduct Medal.

The death occurred at Dublin of the Rev. Frank Sadleir, M.A., formerly rector of Newcastle Lyons, Haylehatch, at the age of seventy-four.

The number of old age pensions payable in Ireland in the last Friday in March, 1914, was 202,202, and on the last Friday of March, 1915, 198,938.

Reinforcements for Belfast shipyards and munition factories will arrive in a few weeks from United States, South Africa, Canada and the Antipodes.

At the opening of the Mayo Assizes Mr. Justice Boyd deplored the state of recruiting. He said out of a population of 48,522 in the county, only 438 volunteered.

Second-Lieutenant R. L. Henderson of Belfast, attached to the 4th Battalion Royal Irish Rifles, has been invalided home following an attack of enteric fever.

The O'Mahony D. L., Grange, Con., County Wicklow, has presented an Irish wolfhound to Lieutenant-Colonel Sir A. A. Weldon, Bart., D.S.O., as a mascot of the 4th Battalion.

A double murder is reported from Collon, County Kildare, of Lawrence Hayden, an old age pensioner, and his sister, Mary Ann Hayden, being found in their house beaten to death.

While skimming the tops of pans of boiling glue in a Dublin factory, Simon Toole, aged 19, fell into one of the pans and was so terribly scalded that he died soon afterwards.

A largely-attended meeting, presided over by Sir John Irwin, J.P., was held at Tallaght, for the purpose of explaining to the young men of the district their duty in the present crisis.

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.

From the Middle West

BETWEEN ONTARIO AND BRITISH COLUMBIA.

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

The G.T.P. are drilling a well for oil south of Lethbridge, Alta.

Saskatoon had a surplus on its annual exhibition amounting to $3,200.

Girl cadets are now frequently seen in uniform on the streets of Saskatoon.

Saskatchewan now has a Retail Merchants' Mutual Fire Insurance Company.

The Winnipeg telephone directory shows 2,467 less connections than a year ago.

Elbow, Sask., ratepayers voted down a by-law to provide better fire protection.

The gross income from Edmonton Exhibition was $50,681, and the surplus $5,497.

Robert Shaw shot a prairie wolf that was robbing his hen coops at St. Vital, Winnipeg.

The Bank of Montreal has warned Regina of the need of greater economy by the city.

The city of Winnipeg roll of honor now shows 250 civic employes in the Canadian contingents.

Calgary municipal voters' list this year contains 41,537 names, an increase of 10 per cent.

Harry Cooper, grocery clerk, Edmonton, died as the result of a fall down a freight hoist shaft.

As Dr. Woodland slept at Medicine Hat a burglar in his home took $30 from his trousers' pocket.

Crab apples grown in Winnipeg are the rare exhibits now at the Minister of Agriculture's office.

Melfort, Sask., shipped out 34 carloads of Carrot River Valley beef in one week, valued at $42,000.

Rudolph Walters, Austrian, serving 12 months in the new provincial jail at Regina, has escaped.

Swift Current's land tax sale on October 1st will consist of 4,890 parcels of land now in arrears.

Saskatchewan is holding a deep enquiry into school reform and educational work in the province.

The News-Telegram of Calgary claims it has 27 employes in the ranks of the Canadian Militia.

Peter McAra, senior veteran of the Indian Mutiny, who went to Regina 32 years ago, is dead, aged 75.

The wife, under new acts, has to sign agreements and mortgages on homesteads in the west.

Alberta is alarmed over the appearance of the sow thistle in the province—the curse of Manitoba farms.

High hopes for war munition orders are roused in Calgary. The city thinks the C.P.R. shops will be used as a plant.

THE PREACHER'S FRUIT.

Peaches Cost Less Per Quart Than Any Other Fruit.

Once upon a time—you see I know how to begin a story in the right way—a barefoot boy danced by the roadside and shouted gleefully, writes Peter McArthur. It was in Canada, back in the nineteenth century, in the pioneer days. The little boy was healthy and freckled, and what he lacked in clothes he made up in the kind of body one should have inside of clothes. And he was very, very happy. In fact he was so happy that a passing friend stopped to ask him the cause of it all.

"Hurray!" shouted he of the freckles.

"Why so happy?" asked the friend.

"The preacher is coming to dinner!"

"I didn't know you were so fond of him."

"I aint, but whenever the preacher comes to dinner we always have peach preserves."

It really is not much of a story, and I am giving it on account of its arch-e-o-log-i-cal interest, and not because it is so very funny. It dates back to the days when people merely knew that peaches are the best of fruits and had not discovered that Canada is the best place to raise the very best of them. The woman who was fortunate enough to get some from a sheltered orchard or from a lone tree that was so fortunately situated that it escaped the frost, put up a few to have for such special occasions as the visit of the preacher. In those days the minister was a much more welcome visitor on the farm than the agent of get-rich-quick concerns and mining promoters, and there is a moral to that if I only had time to work it out. Because peaches were saved for such extra special occasions a tradition has grown up about them in many parts of the country. Some housewives, otherwise very bright and a credit to the farmers' institutes to which they belong, consider it an extravagance to preserve peaches unless they get them at sacrifice prices. Yet these same women will pay from ten to fifteen cents a quart for currants and berries that need far more sugar to do them up than the already sweet peaches. As peaches usually come in eleven-quart baskets, you will find if you divide the price by eleven, that peaches cost less per quart than any other fruit. But because they were once so great a luxury housewives are slow to realize that they should have more of them than of any kind of fruit, for they are both the cheapest and the best. There is no reason why every farmer's wife in the districts where peaches cannot be grown should not buy them as freely as they do other fruits and have them not only when the preacher comes to dinner, but when the boys and girls come home from the city, and at all other times when they want to have something luxurious on the table.

Also it should be remembered that for eating from the hand the peach is the best fruit of all, but you should use for this purpose only the peaches that you buy in the full light of day. Once upon a time, or, perhaps I should say, "Once upon another time," a newly arrived Irishman went out with a friend to steal peaches. It was very dark, and Pat had been told to grope along the branches for the fruit. Presently he whispered, "Moike!" His friend answered "Phwat!" "Has paiches got legs?" "Naw." "Then, begobs, I've swallowed a straddle bug."

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.

BET $5,000 TO A CARROT.

King Edward Won, and He Gave Late Steel Man Costly Trinket.

Henry Steel, head of the great English steel firm of Steel, Peech and Tozer, who has just died at his home in Sheffield, was perhaps best known outside trade circles as the man who laid King Edward, then Prince of Wales, $5,000 to a carrot against a horse at the Epsom races. The Prince lost and paid with a carrot formed of coral mounted in gold.

Steel and his partner, Peech, formed the greatest firm of bookmakers on the English turf 50 years ago. The fortune which they made on the racetrack enabled them to enter the iron and steel industry as pioneers in 1875. Steel died at the age of 83.

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 flavory teas. The oldest members of the tea trade in Ceylon could not remember such high prices being realized before."

WONDERFUL RUINS.

Famous Citadel of the Black King, Christian.

On the summit of a Haitian mountain over four thousand feet high stand the wonderful ruins of the great citadel of La Ferriere. It was built by the black king, Christian. Some of the walls are eight feet high, sixteen feet thick and heavy batteries of fifty-six and thirty-two pound guns are in position. They were laid to guard every approach of what was intended to be the last asylum of Haitian independence.

Springs of water still exist in the interior and there were secret subterranean passages and chambers for holding hoarded treasures, many of which are supposed still to be hidden there. Although partially destroyed by the earthquake in 1842, which demolished nearly all of the important buildings in the country, the colossal ruins of the citadel still attest the gigantic works and the world still wonders how the material for the construction and armament was raised to the top of the mountain.

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.

Milkmaids in London.

Milkmen in the suburbs are gradually being replaced by milkmaids, and one is sure the milkmaids will not stand the week's task of the male "pram round," which is a seven day's journey. They will not emit the morning howl of the milkman, but something sweeter and fresher. But one would like to be sure that her milkmaid's dress is as appropriate as that of the short-skirted milkmaids we can even now remember, with the yokes on their necks and the pails port and starboard!

Minard's Liniment for sale everywhere.

The Main Difficulty.

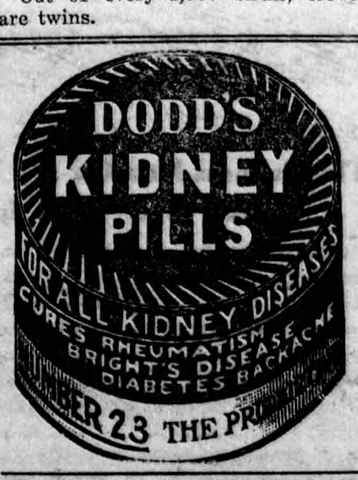
The manager of a factory recently engaged a new man and gave instructions to the foreman to instruct him in his duties. A few days afterward the manager inquired whether the new man was progressing with his work.

The foreman who had not agreed very well with the man in question, exclaimed angrily:

"Progresssing! There's been a lot of progress. I taught him everything I know and he is still an ignorant fool!"

It is easier "to get into society" than to keep from being talked about afterwards.

Out of every 1,000 births, eleven are twins.



THE GRANDEES OF SPAIN.

When They All Wore Their Hats in the Presence of the King.

A grandee of Spain enjoys the privilege, granted him many hundreds of years ago, of remaining "covered" in the presence of his sovereign. This custom dates from the period when, according to the theory then held, the king was "the first among equals."

The ancient formula always at the coronation of kings of old Spain was: "We, your equals, choose you to reign over us." And the king assented in this declaration of his nobles.

There was a time when all grandees of Spain wore their hats in the presence of the king, but in time the idea of caste began to prevail, even among the grandees, with the result that they were eventually divided into three classes, and these classes were distinguished by the hat etiquette.

The first class entered the royal presence covered, and, after an advance of a few steps, put on their hats, unbidden by the king ,and the third class also entered uncovered but did not "cover" until requested to do so by the king. Then, according to the etiquette, "all were equal."

There have been grandees who were not Spaniards,—notably the Duke of Wellington, upon whom the Cortes conferred the honor in recognition of his services to the state.

Corns Cured Quick Applied in 5 Seconds

Sore, blistering feet from corn-pinched 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.

Worse Than Killed.

In Glasgow, as elsewhere, a number of good ladies are engaged in visiting the forlorn matrons whose husbands have gone to the front. One of these ladies the other day found the object of her solicitude dissolved in tears.

"Why, Mrs. Macpherson," she said, "whatever is the matter. Is your good man wounded?"

"Waur, waur," sobbed the poor wife.

"Worse!" said the visitor gently. "I hope he is not killed."

"Waur than that," replied the sufferer.

"Worse than that? Why, what could be worse than that?"

With a wild burst of tears the afflicted one explained, "He's hame!"

His Status.

"Is your wife going to give many parties next winter?"

"I don't know," replied Mr. Cumrox. "I never ask any questions about her social affairs. I'm lucky to be invited."

Minard's Liniment Relieves Neuralgia.

Unjust Discrimination.

"Oh, no!" soliloquized Johnny bitterly, "there ain't any favorites in this family. Oh, no! If I bite my finger nails I get a rap over the knuckles, but if the baby eats his whole foot they think it's cute."

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINEO.

"Woodlands," Middleton, N. S.

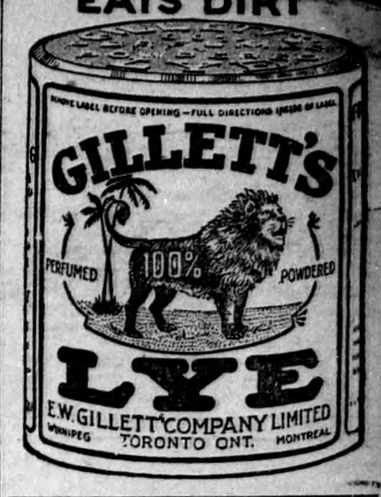
Cautious.

He—"Why do you refuse Ethel's hand to Mr. Nocoyne? Don't you want your daughter married off?"

He—"Yes; what I am trying to avoid is having a son-in-law married on."

Minard's Liniment Cures Burns, Etc.

To remove tight rings from fingers, pass the end of a piece of fine twine underneath the ring and wind it evenly around the finger upward as far as the middle joint. Then take hold of the lower end of the string beneath the ring, and begin slowly to unwind upward, when the ring will gradually move along the twine toward the tip of the finger and come off.



Especially Fat People.

"The higher up people get, the less they are inclined to envy their fellows."

"I don't think that applies to upper berths in Pullmans."

Minard's Liniment Cures Dandruff.

All Things Come.

"I don't know why we came in here," said Mrs. Bored, as she settled herself down in a restaurant. "I'm not a bit hungry."

"That's all right," said her husband. "Just you sit here and wait."

"Wait! But why? I'm not hungry, as I said before."

"Never mind, dear. You will be by the time the waiter brings our food."

The teeth of the badger are very peculiar, for, instead of resting on each other when the animal's mouth is closed, they fit into each other.

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 CHILDRENS SORES

FARMS FOR SALE.

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.

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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"

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 $390 depending on equipment.

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TRADE MARK REG. U. S. PAT. OFF.

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 mankind—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

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"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.

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