THE PRACTISE OF ECONOM

XPERIMENTS TO REGULAT PERSONAL OUTLAY.

pending More Than You Can Afford on What is Not Necessary Is Extravagance.

Extravagance is one of the words at remain loyal to their derivation means wandering beyond bounds d is most often used with reference the expenditure of money.

What are the bounds, and who sets em, within which individual citizens y spend money? In reference to t question it is interesting to note e that in many countries the experiment has been tried of regulating l limiting by law the objects and ounts of personal outlay. The means es were sometimes military; the ers believed that overindulgence in uries weakened the bodily strength sapped the courage of the people. t was the case with the Greeks, ecially the Lacedæmonians, and p at different times with the Romans, ns, the English and the French.

Sumptuary Laws.

was the opinion that citizens ld be less able to respond to the hands of the state for revenue, y were allowed to waste their substance in gratifying artificial desires, metimes again the motives were ral. Indulgence in excesses was ught not only to be a vice itself to lead to other vices; and there the government was empowered regulate and control the habits of people. That was the Puritan

ose laws were called "sumptu They aimed at various specific gs, all of which however, were of same general kind. They covered ssive expenditures for buildings, uneral solemnities and for sepul monuments; they limited the ber of guests at banquets and riage feasts, and also the charac and extent of the courses to be ed; and they forbade the use of dishes at private entertainments. e sumptuary laws also applied to apparel and adornment of women regulated the use of gold and silver embroidery, jewelry, dresses of than a single color, silks and linens, and even costly hairpins children's dolls. Sometimes they ade "fantastic and deforming ons," such as the wearing of pointed shoes. Brides were not itted to have excessive dowries.

Unpleasant, But Necessary.

e men have not always escaped of the laws above mentioned ap to them, although, as we read it it was the women only who into revolt on account of such ctions.

ws of that kind have now been rally abandoned, partly because dea of individual liberty has ened, partly because a sounder of the proper functions of gov ent has become prevalent. Yet the stress caused by the great ow raging, some countries have ly resorted to them again, and are beginning to advocate

although in our times, under l conditions, the bounds beyond expenditure becomes extrava are no longer fixed by law, it not follow that there are none are now established by the on judgment of mankind found long experience. They are not ary like those prescribed by au y, but vary from time to time ing to circumstances and gen conditions. And disregard of although not punished as a public ense, is followed by the more penalties imposed by the ha low of cause and effect. directions that extravagance are still the same as those ken, because, in its essentials f strength and weakness, human ature does not change. nest form of extravagance ng more than you can afford are not really necessaries. ry elastic term. It is and that ere luxuries in one age of the becomes necessaries in another s easy to deceive yourself on bject. You should remember ou do not really need a thing k of which causes you no worse than that of ungratified de r unsatisfied pride.—Youth's nion.

Base Ingratitude.

Mary was experiencing all the t suffering which manifes in le always brings in its train le brother, only now convalescing m an attack of measles, was sitting in bed munching a sponge-

't you give your little sister" she asked coaxingly.

I won't!" said Arthur, with un mising decision. And he ate lily till the last mouthful was l of. Then Mary could stand onger.

her," she cried, "Arthur's greedy boy! He won't give tiniest piece of his cake, and was me that gave him the !"

British Government receive million pounds a year in divid m its shares in the Suez Canal

MARKDALE STANDARD

VOL. 37 — MARKDALE, ONT., THURSDAY, JANUARY 11, 1917. — WHOLE NO. 1877

The Markdale STANDARD

s published on Thursday by C. W. RUTLEDGE, Markdale - Ontario.

Subscription, $1.50 a year. Twenty-cents added when not paid in advance. Newspaper discontinued until all are paid, except at the option publishers.

ADVERTISING RATES.

Contracts Advertisements are charged at the following rates per line for each insertion:

Yearly Contract	10c.
Half "	10c.
Quarterly "	12c.
Monthly "	12c.
"	14c.
Weekly Contract	15c.
"	16c.
"	18c.
"	20c.
"	25c.

Preferred position, 10 per cent. ad

Advertisements under 1 inch charged as one inch. Professional cards of 1 inch or under $3 per annum, or $3 for six

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Strayed, Lost, Found Notices, etc., not exceeding 1 inch, 50c. for first insertion and 25c. for each subsequent insertion.

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Memorial poetry, 10 cents a line.

Advertisements without specified instructions will be inserted till forbid, and charged accordingly.

All Advertisements subject to the approval of the Publishers.

Information covering Special Contracts will be supplied promptly upon application.

All correspondence intended for the paper should be addressed to The Markdale Standard, Markdale.

Standard Clubbing Rates

Toronto and—	
Weekly Mail	$2.25
Weekly Globe	2.50
Weekly Guardian	3.00
Weekly Herald	2.40
Weekly Witness	3.00
Weekly Sentinel	2.40
Weekly Sun	2.40
Weekly Advocate	3.00
Farmer's Globe	4.50
Farmer's Mail	4.50
Farmer's World	4.00
Farmer's News	4.00
Farmer's Star	4.00
Canadian Farm	2.40
Catholic Register	2.90
Canadian Dairy	2.40
Canadian Farm	1.90
Canadian Poultry News	1.90
Canadian Messenger	2.00
Canadian Messenger	1.90

BUSINESS DIRECTORY

MISCELLANEOUS.

J. W. PATTON, J.P.
Issuer of Marriage Licenses. Business strictly confidential.

W. O. DAVIS
Painter and Paperhanger, Kalsominer. Estimating and contracting done. The latest designs in Wall Paper kept and furnished.

R. J. SPROULE,
Conveyancer, Appraiser, Valuator and Money Lender. Mortgages, Leases and Wills drawn up and Valuations made on short notice. Charges very low. Office: R. J. Sproule, Flesher-

LEGAL.

P. McCULLOUGH
Barrister, Solicitor, etc. Offices—Main street, Markdale. Money to Loan.

LUCAS, RANEY & HENRY
Barristers, Solicitors, Etc. W. E. Lucas, K.C., Raney Block, Markdale; Traders Bank Bldg., Toronto. W. E. Lucas, K.C., W. E. Raney, K.C., H. D. Henry, B.A.

DENTISTRY.

DR. J. A. MacARTHUR
Dentist.
Office in Artley Block (over hardware store). Entrance northwest corner of building, Main street.

L. G. CAMPBELL
(L.D.S., D.D.S.)
Dental Surgeon. Graduate of Ontario College of Dentistry and University of Toronto. Office over the Bank. Office hours, 9 a.m. to 5 p.m. Parties calling after hours will call up residence by telephone. Reception room of dental office.

J. MILLER, M.B., M.D., C.M.
Rockton, Ont.
Graduate of the Medical Faculty of Queen's University, Kingston, Ont. Late House Surgeon in the General Marine Hospital, Owen Sound. Phone 51R3 and 51R3, Rockton.

AUCTIONEER.

B. H. WALDEN,
Licensed Auctioneer for the County of Grey. All sales promptly attended to. Farm sales a specialty. Arrangements for sales may be made at Standard Office or B. H. Walden, Markdale.

FRATERNAL.

A. F. & A. M.
Hiram Lodge, No. 490, G. R. C., Markdale, meets in Masonic Hall, McFarland Block, on Tuesday evening on or before the full moon every month. Visiting brethren cordially invited. C. R. King, W.M.; J. G. McDuff, Secretary.

C. O. O. F., No. 399.
Court Markdale, Canadian Order Chosen Friends, No. 399, meets fourth Tuesday in the month in Ennis' Hall at 8 o'clock. A. Jackson, Chief Councillor; R. W. Ennis, Recorder.

SAUGEEN LODGE, No. 397, I.O.O.F.
Meets every Friday at 7.30 p.m. in their hall, Main street. Visiting brethren always welcome. W. J. Howard, N.G.; W. O. Davis, Sec'y.

COURT GREY, 1151, C.O.F.
Meets every last Wednesday of the month in Mathews' Hall at 8 p.m. Visiting brethren always welcome. Harry Leslie, C.R.; Albert Sims, Fin. Sec.

MARKDALE, L. O. L., No. 1045.
Meets in Sarjeant's block on Thursday evening on or before full moon in each month. Visiting brethren made welcome. W. C. Davis, W.M.; John McFadden, Secretary.

DR. J. S. SHEPHERDSON,
Veterinary Surgeon.
Graduate of the Ontario Veterinary College, Faculty of Veterinary Science, University of Toronto (Dominion Civil Service Veterinarian). Office in Artley block. Phone 86. 99-25.

PATENTS PROMPTLY SECURED
In all countries. Ask for our INVENTOR'S ADVISER, which will be sent free.
MARION & MARION,
364 University St. Cor. St. Catherine St., Montreal.

DR. DeVAN'S FRENCH PILLS A reliable Regulating Pill for Women. $5 a box or three for $10. Sold at all Drug Stores, or mailed to any address on receipt of price. THE SCOBELL DRUG CO., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores Vim and Vitality; for Nerve and Brain; increases "grey matter"; a Tonic—will build you up. $3 a box, or two for $5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG CO., St. Catharines, Ontario.

Sold at Stephens' Drug Store

Synopsis of Canadian North-West Land Regulations.

THE sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the District. Entry by proxy may be made at any Dominion Lands Agency (but not Sub-Agency), on certain conditions.

Duties—Six months residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres, on certain conditions. A habitable house is required except where residence is performed in the vicinity.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price $3.00 per acre.

Duties—Six months residence in each of three years after earning homestead patent; also 50 acres extra cultivation. Pre-emption patent may be obtained as soon as homestead patent, on certain conditions.

A settler who has exhausted his homestead right may take a purchased homestead in certain districts. Price $3.00 per acre. Duties—Must reside six months in each of three years, cultivate 50 acres and erect a house worth $300.

The area of cultivation is subject to reduction in case of rough, scrubby or stony land. Live stock may be substituted for cultivation under certain conditions.

W. W. CORY,
Deputy of the Minister of the Interior.
N.B.—Unauthorized publication of this advertisement will not be paid for.—64338.

New Heligoland Light.

The huge revolving light which has been placed at the lighthouse on the Island of Heligoland, in the North Sea, is perhaps the most powerful flashlight in the world. It is equal to 40,000,000 candle-power, and in calm weather can be seen for a distance of 30 miles. The tower in which the light is stationed is 272 feet above sea level. It costs $8,000 a year to maintain the light.

Flight of Golden Plover.

The longest continuous flight of any bird is made by the golden plover. From Nova Scotia to the coast of South America the entire flight of 2,400 miles is accomplished without pause or rest.

EVEN DOGS ARE DOING THEIR BIT

ARE SHOWING AS MUCH BRAVERY AS MEN.

Pathetic Stories Told of Man's Best Friend in the Trenches.

Just as the flower of youth is doing his bit in the trenches so are the dogs, and many interesting episodes are related of what the canines are accomplishing. Many pathetic stories are told of the devotion of "man's best friend" in the conflagration that has set the world on fire. A few little incidents gleaned here and there are related in the following items:

A few days ago those passing along the Boulevard Victor Hugo, at Troyes, were surprised to see a poor woman, Mme. Petitjean, huddled on a handcart weeping as if her heart would break, and caressing in her arms the body of a splendid wolfdog that had been run over by a careless chauffeur.

Moved by pity, passers by stopped and tried console the disconsolate peasant woman, but with tears running down her cheeks she told them it was impossible for them to understand the measure of her loss.

Faithful to Death.

"Every night," she said, "when I wheeled my vegetables from Cresantignes to the market at Troyes, Medor accompanied me and acted as my vigilant guardian.

"Last month he disappeared for a few days, and as he'd never left me before I thought he was lost or stolen. But one night I was awakened by well known barks at the door. I hastened to open the door, and there was Medor, but a Medor I hardly recognized.

"Dirty and covered with mud, it was easy to see that he had come a long way. While I was caressing him I discovered under his collar a letter placed there by my soldier son on duty at the Bois Lepretro.

"In it he told me his glad surprise on seeing Medor arrive in the trenches, and how he had wept like a child while he embraced him. The dog, feeling lonely at the absence of his master, had gone in search of him, and goodness knows how he had found him."

Where they all come and nobody seems to know, but no big action has yet been fought on the western front without the assistance of at least half a dozen dogs. There was a white mongrel terrier in the midst of the first attack on High Wood, hanging round a nastily exposed forward dressing station in the hope of lunch. Shrapnel did not seem to worry him in the slightest.

Victim of Shell Shock.

At another part of the same line another little pup was running merrily about all day in the open. Toward evening, however, a big crump burst a yard or so away from him and he got a bad dose of shell shock. He crawled to a wounded man who was stuck in a hole near by, snuggled up trembling to his side, and lay there all night. The wounded man said afterward that the only part of him that kept war was the part the dog was lying on. Next morning they were both moved away into safety.

A British officer who has just returned from the front wounded describes an ingenious trick by which a German came near enough to our lines to surrender.

The men in the British trenches noticed a terrier dog leave the German trenches and trot about in No Man's Land. Directly afterward a soldier came from the German trench and made toward the dog, which was now much nearer the British line than to the German. No sooner had the German secured the dog than he made a dash for the British lines.

As soon as his comrades realized his intention they opened fire on him, but failed to hit him, and both soldier and dog reached the British trench unhurt. The dog makes himself useful in the British trenches by hunting rats.

Instead of Worrying

about the high cost of living, just buy a package of

Grape-Nuts

—still hold at the same fair price.

Enjoy a morning dish of this delicious food, and smile over the fact that you've had a good breakfast and

Saved Money

Isn't that a fair start for any day?

THE McINTOSH APPLE.

Experimental Farm Gives the Result of Twenty-eight Years' Test.

Ever since the first orchard was planted at the Central Experimental Farm, Ottawa, in 1888, the McIntosh apple has been under test by the Experimental Farms System and during that time much useful information has been obtained in regard to this fine variety. In very severe winters when the Fameuse apple was injured, the McIntosh remained unharmed, thus proving that it is hardier than that old variety from which it is supposed to have sprung. For a long time the McIntosh apple had the reputation of being a shy bearer, but in nearly thirty years' experience with it at Ottawa, it has been found to be one of the most productive varieties under test. The tree does not often bear heavily, or overbear in any one year and then fail to bear the following year, but it is an annual bearer, as a rule, giving a good and medium crop alternately, the number of small crops being few. Following are the yields of one McIntosh tree planted at Ottawa in 1890, the first yield being recorded in 1898, the 8th year after planting. Some trees of this variety will begin to bear in the 6th or even in the 5th year after planting. The yields are recorded in gallons, but if it is desired to reduce them to barrels there are 24 gallons in a standard barrel. Yield of one McIntosh apple tree from the 8th year after planting, in gallons: 17½, 26, 37, 6½, 71½, 94, 12, 109, 3, 109, 41½, 184, 50, 166, 55, 145, 112, 44, 149½, a total of 1432½ gallons for 19 seasons, or an average of a little over 3 barrels per year, from one tree.

It has been found by experiment that in Ontario, at least, the McIntosh is self-sterile, or, at least, practically so and to ensure a good set of fruit there should be another variety or varieties, blooming at the same time, growing near it.

The McIntosh apple is subject to the Apple Scale Fungus, and in some seasons if the trees are not sprayed the proportion of No. 1 fruit will be very small. This year, at Ottawa, it was found necessary to spray the trees six times with lime-sulphur wash to ensure clean fruit, but the reward was a large proportion of No. 1 fruit in a year when there was, in many quarters, a very small proportion of No. 1 grade on unsprayed or poorly sprayed trees. As a rule, three or four sprayings are sufficient.

Owing to its very high quality and the great beauty of the fruit, it is believed that the demand for McIntosh apples will be an ever-increasing one. There are many relatively poor apples of the same season still being grown which will have to, in time, give place to McIntosh. To-day there is no other apple which commands as high a price in Canada, No. 1 fruit being worth between seven and eight dollars a barrel, and in years of plenty the price of McIntosh apples is relatively high. Although it is in good enough condition to be eaten in October, at Ottawa, it is not in its prime until November. Unlike the Fameuse which has a relatively short season when at its best, the McIntosh remains in fine condition until February, and in good cellars keeps even until March. In parts of Canada where the autumn is warmer than it is at Ottawa, it ripens earlier and does not keep so late.

Following is a detailed description of this apple:

Originated with John McIntosh, Dundela, Dundas Co., Ont., in 1796, the first tree remaining alive until 1908. Fruit above medium, roundish, slightly ribbed; skin pale yellow, almost entirely covered with crimson, dark on sunny side and brighter on rest of fruit; dots few, small, yellow, distinct but not conspicuous; cavity of medium depth and width; stem short, stout, sometimes medium length and moderately stout; basin narrow, almost smooth, medium depth; calyx partly open; flesh white and yellow, crisp, very tender, melting, juicy, sub-acid, sprightly with a pleasant aromatic flavor; core of medium size, open; quality very good to best; has a strong aroma; season November to February, or later, and earlier in the warmest parts of Canada; tree hardy, and a strong moderately upright grower.

Outside the British Empire, the only great nations that have voluntary military service are the United States and China.

AN INFLUENTIAL WOMAN.

English Governess to Italian King's Daughters a Strong Power.

The least known and yet one of the most influential women in Italy at present is Miss Margaret Brown, the English governess of three of the girls of the royal family.

The mystery that has grown up around the personality of Miss Brown is one of the sources of her influences. Also it is of the kind that pleases the King, who has a horror of the publicity which his position forces upon him.

Those persons of the court life who dislike Miss Brown because of her confidential position, because of her power to hold her tongue and her custom of standing beside the Queen's chair during receptions, have tried in vain to discover exactly who she is.

To date all they have learned is that she is a strong minded person of some 45 years who appeared on the scene at the birth of Yolanda, the first child, and who has been in charge of the children ever since. It appears that the King and Queen wanted their children brought up after the English fashion and that Miss Brown was recommended by some member of the English royalty.

The influence of Miss Brown in modernizing the education of Italian children of the noble families has been remarkable and far wider than that of the more popularly known system of Dr. Maria Montessori. Miss Brown has introduced into Italy the English customs with respect to the education of girls in particular. Her example with the royal children, who have been taught to lead an outdoor life, to swim and ride and play vigorous games, has been followed by the nobles and wealthy families, who formerly brought up girls in the strictest indoor nunlike seclusion.

Quite a stir was caused some time ago by the way Miss Brown let the girls run in athletic clothes about the beach and woods of Castel Porziana, the summer home of the royal family. The objecting court ladies, when they attempted to discuss the matter with the King, were asked if strong bodies were not to be preferred to showy clothing. The women of the royal nursery have also on several occasions discovered that this English woman's will was law. Once it was about the question of dolls. These playthings were ruled out and have stayed ruled out of the nursery.

Like the girls of the family, young Prince Humbert, the heir to the throne, is very fond of Miss Brown whose influence has been extended to his education in some measure. She exerted her influence in securing the introduction of the Boy Scout movement into Italy, the Prince being its commander-in-chief and the King contributing $1,000,000 a year to its support.

GERMAN TEACHER HANGS ON

Hun Refuses to Resign From English School.

"He is a good teacher, popular with the pupils, and we demand justice for him, though he is a German."

This is what a number of his friends are saying about Mr. Max Grabner, who is threatened with dismissal from the post of master of languages at the Newport (Mon.) Intermediate School for Boys, says the London Chronicle. He has already been asked to resign, and refused to do so. Until the present year he was also teacher of French at the Newport Technical Institute.

"A Parent," writing to a local paper, quotes a remarkable piece of dictation which, he says, was given by Max Grabner for translation from English into French on March 7 of last year. Here is the gem:

"This is what they say: Holland is only an appendage of Germany. Its home life is comfortable; it is a life of ease. If this existence entices you, so much the better. Germany itself has higher duties and higher aspirations. We breathe our lungs full of the broad breath of history. We ignore this miserable middle-class existence. We have no friends; all fear us and regard us as dangerous because we are intelligent and morally superior. We are the most free people of the earth, because we know how to obey. Our law is reason; our strength is the strength of spirit; our victory the victory of thought; our characteristics are humanity, mildness, Christian virtues and character. In a world of wickedness we represent love, and God is with us. What Germany wishes is to organize Europe."

Will Mr. Grabner, asks "A Parent," tell us why he chose that passage to dictate to English children?

It should be stated that Max Grabner has resided in England for many years, and was naturalized in 1913.

Still Alive.

Suitor—I cannot live without your daughter, sir!

I've tried and tried for most five years, and I feel just the same about it now as then, sir!

THE SUNDAY SCHOOL

INTERNATIONAL LESSON JANUARY 14.

Lesson II.—John The Baptist and Jesus—John 1. 19-34. Golden Text John 1. 29.

Verse 19. We must distinguish two deputations, arranged in collusion, like that to Jesus in Mark 12. 13. Priests and Levites would be Sadducees, conservatives in religion, who could not believe that God had anything new to say to his people.

23. This absolute sinking of the personality in the message is characteristic of Scripture. More than half the books of the Old Testament are anonymous. The writer of this Gospel never mentions his own name. Of the Epistle to the Hebrews Origen says only God knows who wrote it. Nothing but the message mattered to these inspired men, lifted above desire for human fame. Isaiah—The great Prophecy (Isa. 40. 3) is in the book of Isaiah, but it was written five generations after Isaiah by another "Great Unknown." The way of the Lord was originally the highway along which the prophet foresaw the captive Israelites returning from Babylon: the fulfilment—as always in true prophecy— went far beyond the original idea.

24. Read And some Pharisees had been sent, with the margin, which, however, rather overdoes the effort to be literal. It is most unlikely that the priests and Levites would come as a deputation from the Pharisees.

25. Baptism implied that its subjects, though children of Israel, needed moral cleansing. For such a daring novelty very special warrant was demanded. Hence the Lord's own question to them in Mark 11. 30. Elijah—As foretold in Malachi (4. 5). The prophet—"Like unto" Moses, as promised in Deut. 18. 15-18.

26. With water—The implied contrast is not expressed till verse 33.

27. Latchet—The leather strap passing over the foot, to hold the sandal on. It was the work of the slaves to "take off" (so read in Matt. 3. 11) the guests' sandals as they entered the house: other slaves would then wash their feet. He of whom John thus spoke—and Jesus called John the greatest yet born—deigned to do the slave's work for his own disciples (John 13).

28. Bethany.—Unknown. In later days the site was fixed by guesswork at Bethabarah (margin).

29. The Lamb—In Rev. 5. 6 the Lamb is figured with the emblems of omnipotence ("seven horns") and omniscience ("seven eyes"): we must not think of a sheep according to our associations, of helplessness and stupidity! He is Lamb as a Sacrifice (Gen. 22. 8, etc.). Taketh away—Compare the symbolism of the scapegoat.

30. Both this and verse 15 refer back to an earlier witness, of which Mark tells us (1. 7, 8). Before me—In rank: the Greek of the next before me (in time) is different. The margin there is wrong, we now know.

31. I know him not—Best taken literally. John was brought up in the south, and the fact that Mary and Elisabeth were related (Luke 1. 36) —which incidentally makes it highly improbable that Mary was of the House of David—does not prove that their families met again. Ecclesiastical tradition, often embodied in art, is too late to count. Israel—As always, the name of privilege.

32. This is very characteristic of John's writing: the Synoptic Gospels had recorded the baptism of Jesus, and he need not tell the story. Just so, he does not tell of the institution of the Lord's Supper. As a dove—Milton addresses the Spirit in his great opening words, "Dovelike satst brooding [Gen. 1, 2, margin] o'er the vast abyss." In the flood story, the dove symbolizes peace. Abode—This is the essence of the Manhood of Christ: imperfect men have the Spirit fitfully, and often "grieve" him—Jesus has him unchangingly.

34. The Synoptic Gospels very clearly show that Jesus kept the secret of his divine origin and Messiahship till the end of his ministry, even from the apostles. The discrepancy is explained by the fact that John is interpreting, and not merely reporting, the sayings he gives. He is not concerned with the chronological development: he thinks only of the permanent significance of what he relates.

A Remarkable Case.

The guests at the boarding table were discussing diets.

"I lived on eggs and milk for two months," remarked one lady, "and actually gained ten pounds."

"And I," said a gentleman, "lived for more than a year on nothing but milk, and gained in weight every day."

"Mercy!" came the chorus. "How did you manage to do it?"

The gentleman smiled. "I cannot say that I remember," he replied, "but I presume my method was similar to that of other badies."

THE WONDERFUL FRUIT MEDICINE

Thousands Owe Health And Strength To "Fruit-a-tives"

"FRUIT-A-TIVES" is a marvellous medicine made from fruit juices — has relieved more cases of *Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine.* In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuralgia, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-tives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-tives" tones up and invigorates the whole system.

50c. a box, 6 for $2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

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

About 1,000,000 cases of salmon were packed in British Columbia in 1916.

Short courses in mining will be introduced at the University of British Columbia.

Investigation into the high cost of living has started in the City Hall, Vancouver.

At Victoria an early construction of the Esquimalt dry docks is being agitated for.

Stores have started closing at one o'clock for Saturday afternoon holiday at Vancouver.

Courtenay people held a dance and concert to buy comforts for the soldiers overseas.

At English Bay, a Vancouver-built 100-horsepower seaplane is being put through its final tests.

Molybenite deposits on Clearwater Creek, a tributary of the Skena River, are attracting attention.

Lumbermen deny the report of having received enquiry for order for a billion feet of lumber in Vancouver.

Colin Dunlop, of Fort Steele, B.C., has lost an eye, two fingers and the use of an arm fighting for his country.

Many Russian refugees came in on the Oska Shosen Kaisha liner Canada Maru to Vancouver, on December 15.

The Federal Government has been asked to encourage the development of the iron and steel industry in British Columbia.

There is a strong feeling at Victoria that the restoration of British and colonial shipping should be the first consideration.

The British Pacific Iron and Steel Co. has secured a ten-acre site on the Fraser River near Queensborne, and will erect a steel mill.

A mass meeting of citizens was held at Vancouver to protest against the action of the city in putting jitneys out of business.

Robert G. H. Clarke, Dominion fruit inspector for British Columbia, reports the crop for 1916 to have risen above all expectations.

The retail merchants of Vancouver are asking that the electors vote on changing the Saturday half-holiday to a Wednesday half-holiday.

In Vancouver the King George High School, the work in drawing has been wonderfully successful owing to the free choice of subjects given to the pupils.

J. N. S. Williams, of Victoria, has invented a process by which the value of the sugar crop of Hawaii will be increased approximately $2,000,000 per annum.

The first keel is being laid at the Coughlan & Sons shipyards, on Fair Creek, B.C., for the new steel steamers, the building of which has been the result of last summer's negotiations.

SCOTT'S EMULSION
OF PUREST COD LIVER OIL

usually stops a stubborn cough or chest cold when ordinary specifics fail.

It helps strengthen the lungs and throat—adds energy to the blood—and gives the system the force to help resist disease.

Use SCOTT'S
Refuse Substitutes

Scott & Bowne, Toronto, Ont. 16-8