

is Difficult,  
and Costly.

**AUTO SPARE PARTS**  
for most makes and models of cars.  
Your old, broken or worn-out parts  
can be sold or wire us describing  
what you want. We have the  
largest and most complete stock in  
Canada of slightly used or new parts  
from all makes. We ship  
anywhere in Canada. Send  
order or refund in full our motor  
parts. **Shaw's Auto Garage Part Supply**,  
200 Queen Street, Toronto, Ont.

**MR. GEORGE E. BUNTING**

Newly Appointed Australian Manager of the Canadian Government Merchant Marine Limited.

The author began in the transportation business with the Grand Trunk when a boy of ten years of age. Later he was with the Lehigh Valley at Buffalo and afterwards with the Canadian Atlantic Railways at Ottawa. He became a marine freight agent for the Allan Line Company when the Canadian Pacific Railway was absorbed into

### A USEFUL SUMMER FROCK



5515—Ladies' Dresses \$57 (55 inch length). Price, 25 cents. In 6 sizes, up to 50 lbs. Bust measure, 30 inches; 36 inches; 38 inches; 40 inches; 42 inches; 44 inches; 46 inches; 48 inches. Width, 17½ inches; 19½ inches; 21½ inches; 23½ inches; 25½ inches; 27½ inches; 29½ inches; 31½ inches.

These garments may be obtained from your local McCall dealer, or from the McCall Co., 16 Bond Street, Toronto, Ont. W.

### WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has given Baby's Own Tablets for her baby does she want to be without them? They are the ideal home remedy for the baby being guaranteed to be absorbed directly from capsules or after heating liquids. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagné, Beaconsfield, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers &c by mail at 25 cents a box from Dr. Williams Medicine Co., Brockville, Ont.

### A Simple Sermon.

There's only one method of needful life's best—just keep it simple and don't give up the game of love in the game of life. Coke bottles are thrown when you'd like a bouquet. This world would be dreary, we'd all get the blues if the fellas held just the same views. So finish your work; show the best of your self. Some folks won't like it, but other folks will. If you're lettin' an army or buildin' a fence, do the most that you can with your own common sense. One small step of pride in this journey of tears outweighs the balance against cast leads of sinners. The plants that we're passin' as common-place weeds.

Off prove to be just what some suffer needs.

So keep on again; don't stay standin' still. Some people won't like you, but other folks will.

Such a faith often spells the difference between success and failure. Few of us are born with conspicuous talents. The majority must go prospecting in order to discover ourselves, and the thing that saves us from despair is the faith that God has something special to do in life. We must believe that as Horace Bushnell once phrased it, every man's life is a plan of God, and that in that plan there's something quite different from his plan for himself else.

Difficulties are the inspiration of faith. No soul ever grew to anything without them. The danger is that we shall grow discouraged and stop progressing too soon. To lose faith in the plan is the most withering atheism a man can know.

Canada's wheat average yield per acre, 1919, 104 bushels, 11 in 1918. Fourth among wheat growing countries. Canada's wheat yield, 10 years, 1909-18, 18.25 bushels per acre.

Canada ranks fourth in world production of cheese. Exported over \$40,000,000 worth in 1919, or 78 per cent. of total production of 190,000,000 pounds.

This time of year  
it's a good idea  
to combine fresh  
fruit or berries  
with your morn-  
ing dish of

**Grape-Nuts**

The blend of flavor proves  
delightful and is in tune  
with June.  
"There's a Reason."



### Beneficent Volcano

With memories of the tales of Pompeii and Herculaneum, we listened to our childish days, we naturally associate volcanoes with town-breaking rather than with town-making.

But that even a volcano at times may unwittingly do a town a good turn is evidenced by the prosperity that has come to the town of Kodiak on the island of that name. Kodiak is a hundred and fifty miles farther north than treland, but like her, it is lapped by the warm sea currents, and is a sister emerald set in the Blue Sea.

In 1912 Mount Katmai burst into one of the most terrible eruptions ever known. The mass of the ash and lava flow skylight was soon computed at five cubic miles. The whole island was buried feet deep with the grey dust. Yet the inhabitants of the little town, or rather settlement, agreed that Mt. Katmai's outburst was the best thing that ever happened in Kodiak.

For a year or two Kodiak was a scene of grey water; by 1915 Kodiak was not only green again, but a greater forest than even it had been. The air is finer, the rain larger, by then before the eruption. Once the hardest and most suitable logs are better able to find their way upon the railroad and also it is not at all improbable that the very air has valuable properties for health.

Frank R. L. that today Kodiak is once more a thriving field, and will play a useful part in doing the food of the future.

### Live While You Live.

At the present time it is ours; the clock is ticking on the wall; the sweet dew has bathed the morning's flowers.

And golden sunshine gilds them all. Fair Mother Earth, in emerald green Her lovely form doth all adorn;

Forget the past, the might have been Come forth and greet the smiling morn.

Observe the present—it is ours,

No tides delay, my boat is near,

I'm jealous of the fleeting hours,

For winter snows are all too near.

Cold winter sleep no clouds are seen

To stoke the depths a deeper blue;

Forget the past, the might have been

Fell flooded life once more review,

This life is mixed with sweets and sour,

Sunshine and shadow, grief and pain;

Observe the present, it is ours,

The pest is gone, the enemy gone again,

In my eye the calm serine,

A sudden moisture should annoy,

Forget the past, the might have been

Any tears then tears of joy.

### RHEUMATISM

This is just the season when the grinding pain and stiffness of joints gets hold of you. Fight it with

**Templeton's Rheumatic Capsules**

Templeton's Rheumatic Capsules bring certain relief, and permanent relief recommended by doctors, and sold by reliable druggists everywhere. Write Templeton, 142 King St. W., Toronto. Money back guarantee on receipt of 40 caps.

### ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve asthma. Don't suffer another day.

Write Templeton, 142 King St. W., Toronto, for free sample. Reliable druggists sell them \$1.00 a box.

### Foreign Railways and Rates.

During March, 1919, and May, 1920, the Indian railways advanced their first-class passenger rates 10 per cent. on their second-class fares, 6 per cent., and their third-class fares 4 per cent. But freight and passenger rates already during the war had been advanced 30 to 45 per cent.

The passenger rates of the French railways, two of which are owned by the government and all of which are being operated under government control, were advanced 40 per cent. during the war and the freight rates 37 to 39 per cent. Because of the difficulties which have continued to be incurred previously for marine advances have been under consideration.

The Italian railways since peace days have been advanced 30 per cent. in Italy, and 35 per cent. in Sicily.

In September, 1919, freight and passenger rates in Belgium had been increased 30 to 40 per cent. since pre-war times. Further increases have been made since then.

In September, 1919, freight and passenger rates in the Netherlands were advanced 56 per cent.

Very much the largest increases reported in Italy, Germany, France, and elsewhere have been made by the government in Germany, where it is well known that the railways are owned and operated by the government. It was made during the war and since the end of the war and since the great advances have been made since the signing of the armistice. The passenger fares now average 70 per cent. higher than before the war, and the freight rates 60 per cent. lighter.

Large advances have also been made in many countries, which were not affected from the fact of hostilities. For example, in December, 1919, the first-class passenger rates on the African Government Railways were advanced 25 per cent. while in August, 1919, a raise of 20 per cent. in both freight and passenger rates was proposed. In November, 1919, in Britain, and October, 1920, in Australia, when about as late as October, from the theatre of hostilities as any part of the world, the government railways have suffered severely from the effects of the war and have had to make advances in their rates.

The railways of Great Britain were placed under government control at the beginning of the war and are still being thus operated. During the war the passenger rates were advanced 59 per cent., while the freight rates were not advanced at all, and because the increases in expenses greatly exceeded the increases in rates the government incurred a large deficit. To reduce the rate of this deficit in the freight rates of the British railways ranging from 25 to 100 per cent. were made effective on January 15, 1920, and extra charges were added to rates which cover the collection and delivery of freight at stations as well as its transportation. In March, 1920, the departing charges imposed for holding a car a day beyond the period of free time were increased 100 per cent., and the charges for subsequent days 200 percent.

Let "Danderin" have a

double its strength. You

can't let stay blues

or fading. Bring

back life and

vitality.

Get a 25 cent bottle of

"Danderin" at any drug-

store.

It's a real

air freshener.

It's a real

air cleaner.

It's a real

air purifier.

It's a real

air refresher.

It's a real

air invigorator.

It's a real

air tonic.

It's a real

air stimulator.

It's a real

air invigorator.

It's a real

air invigorator.