



Of all overworked women probably the housewife is the hardest worked. She has so much to attend to, with very little help. Her work can be lightened if she knows the value of system and she should try and take a short rest in the daytime. A physician who became famous almost around the world, Doctor Pierce, of Buffalo, N. Y., the specialist in woman's diseases, for many years practiced medicine in a farming district. He there observed the lack of system in the planning of the work.

If it is a headache, a backache, a sensation of irritability or twitching and uncontrollable nervousness, something must be wrong with the head or back, a woman naturally says, but all the time the real trouble very often centers in the organs. In nine cases out of ten the seat of the difficulty is here, and a woman should take rational treatment for its cure. The disorder should be treated steadily and systematically with Dr. Pierce's Favorite Prescription.

For diseases from which women suffer "Favorite Prescription" is a powerful restorative. During the last fifty years it has banished from the lives of tens of thousands of women the pain, worry, misery and distress caused by these diseases. If you are a sufferer, get Dr. Pierce's Favorite Prescription in liquid or tablet form to-day. Then address Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., and get confidential medical advice entirely free.

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- Lace Curtains at 75c., \$1.00 and \$1.50 per pair.
- Curtain Serim at 12 1/2, 15, 17 and 18c. per yard.
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Rugs, Oilcloths, Window Shades, Lace Curtains and all Household Furnishings

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Undertaking receives special attention

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DUSTBANE

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KILLS GERMS BRIGHTENS FLOORS MAKES CARPETS LOOK LIKE NEW

Don't Sweep without DUSTBANE

Order a Tin To-Day Packed in Bbbs for Use in Stores and Offices.

S. McINTYRE Distributor

Theatrical speaking, the heroine's death is usually less realistic than her hair dyeing.

A WARTIME TRAGEDY.

Pathetic Romance Disclosed in Letter From France.

Many sad and pathetic appeals for assistance have reached Canada since the commencement of the war, but none has aroused such a feeling of compassion as one received by the Mayor of Toronto in a letter from Lieut.-General Sir Aylmer Hunter-Watson, K.C.B., D.S.O., M.P., in command of the 8th Army Corps in France. It revealed one of the saddest tragedies of the war, which blighted the hopes of a young French couple who had intended to come to Canada and settle in Toronto and carve out their own destinies. They were married shortly before the outbreak of the war in 1914, and the bridegroom had secured a position in Toronto. They had saved enough money to purchase furniture and other things for their future home. This and presents from their friends were shipped to Canada in advance and they were preparing to follow. The outlook was bright and full of promise, but just as they were about to embark on their journey, the war cloud burst, the call to arms was sounded throughout France, and the young man had to answer the call. He joined his corps and was soon facing the enemies of his country. He fought for France and died in action. The young wife was left a widow and the fond dream of a cosy home in Canada was shattered. The furniture and other things were there, but in her position she could not go and claim them nor was she able to afford the expense of having them returned. The wife was the niece of the mayor of the small village in France where the 8th Army Corps is now stationed, and General Hunter-Watson obtained the details of the story first-hand and vouches for its accuracy. He said, the young widow "would like to get back her effects, most of which are endowed with bitter-sweet memories to her, but she can neither afford to pay the cost of the freight back to France, nor can she continue to pay the storage charges. She had therefore decided to sell most of the things, if she could."

The General requested Mayor Church to do what he could in the matter and to arrange for the sale of the things, with the exception of certain articles enumerated in a list enclosed, and to remit the proceeds to the widow. In conclusion, the General said he should regret to trouble the mayor in the matter "were I not sure that, even as I was glad to do what I could, so you will be glad to do anything in your power for any deserving case among our splendid allies, especially among the women of France, who have shown such heroism and courage in their terrible hour of trial."

Mayor Church made enquiries regarding the matter. The goods were in bond and charges amounting to over \$70 had to be paid before they could be released. Arrangements were accordingly made to carry out the wishes of the tragic French heroine.

Shipbuilding in Canada.
One of the most interesting reactions of the war upon Canadian industrial life is that which has caused a resurgence of shipbuilding. The Imperial Munitions Board, on behalf of the British Minister of Shipping, has undertaken a program of steel vessel construction in the Dominion. A sub-commission to direct the turning out of wooden vessels in British Columbia also has been appointed and is now actively at work on the Coast. The provincial government is guaranteeing 55 per cent. of the cost of this auxiliary fleet.

By the end of June, from one firm's yards in North Vancouver, seven wooden schooners, equipped with twin auxiliary Diesel engines of 320 horsepower, burning crude oil, and measuring 260 feet over all with a 44-foot beam, already had been launched from the ways, and five others are under construction. One and a quarter million feet of lumber—British Columbia fir—are used for each ship, and each ship takes out of the woods 1,500,000 feet of lumber as cargo, so that it needs no special knowledge to grasp the immense bill given the coast lumbering industry by this new war undertaking. In fact, before the program was begun the sawmills of the province were everywhere closing down. As I write this—in the early days of July—the first of the auxiliary schooners has just reached Sydney, Australia, after a voyage of seventy-six days. This time will be greatly cut down later, as the initial trip was really by way of an experiment; in fact, the vessel had to put in at Honolulu for engine adjustments, after which her behavior gave all-round satisfaction to master and owners.

Vancouver is situated on a strip of land between the Fraser River and Burrard Inlet; between these two bodies of water, running up into the city like a clawing finger, is False Creek. Six months ago there was a small machine shop on the shore of False Creek. The concern that owned that machine shop is now building six standard steel steamers to the order of the Government, the vessels to be delivered in fourteen months at a contract price of \$8,000,000.—From "Canada's Troubles and Triumphs," by Harry C. Douglas, in the American Review of Reviews.

A Big Highway.
The United States War Department will be asked for early approval of a military highway project wherein Canada may be linked with Mexico by means of a north and south route, crossing four states and traversing the foothills region of the Rockies. Montana, Idaho, Colorado, and New Mexico assembled representatives at Denver recently to discuss plans to complete such a highway, its inception being regarded as an international necessity.

FIGHTING WITH MINES.

Work Done by Engineers on the Western Front.

The following article on the work of the Canadian Tunneling Companies in France, written by Major Roland Hill, is issued by the Militia Department at Ottawa.

The Major from British Columbia showed me a crumpled, twisted mixture of earth and concrete, wrecked entanglements, parts of splintered facings of dugouts—under which hundreds of Huns were buried—and turned his professional eye to the depth of the crater in the centre. "It should have been much deeper," he said. "I wanted them to put another 5,000 pounds of ammonal down there, but they said it was enough."

"They" were the staff of explosive experts who think, perhaps eat, drink, and sleep, plans of explosively indigestible destruction for the Germans. On the right was the shattered rubble of brick that had been Wytchaete, from which the Huns could once see all over the British line at this section. Canadians knew it to their cost in the spring of 1916. To the left, now forever in British possession, were the Ypres-Comines Canal and the Bluff, where our Fifth, Seventh, Twenty-seventh, and other fine battalions fought bitterly. Farther still were the almost unrecognizable plateau of Hooge, Hill 60, and Mount Sorrel, one of Canada's few black spots, and just ahead were the craters of St. Eloi, which, when Canadian were there, used to change hands times beyond count. All of it ground of bitter memory for the Dominion corps; almost every yard of it filled with bright spots for the unadvised, hardworking officers of the three Canadian tunneling companies who were in it among the first and stayed with it until the glad news was flashed to their comrades, soon after glorious Vimy, that they had taken full measure of revenge for the grilling days Canadians spent on the southern end of the Ypres salient and in front of Messines. The major was one of those "ground hogs" who stayed behind and were lost to Canada and the enemy. He had worked on the same sector for something like eighteen months.

Another of these Canadian tunneling companies started the offensive mining in the neighborhood of Hill 60. Two shallow shafts had already been sunk, but the ground was so bad it was difficult to drive a tunnel in the direction of the Germans' main works. Steel casings were obtained, and 900 yards of main tunnel constructed in this way.

"We could often hear the Hun sappers working over us," said the Canadian captain in charge of this working, "and when they got too near we dug upwards and blew them up."

This tunnel was responsible for a famous fortress near Hill 60, now almost unrecognizable, then a menacing thing, bristling with machine guns, which could have held any attack at bay.

"The main offensive galleries," the report goes, "were started for a high mound to the south of the railway cutting. After many vicissitudes, including constant enemy opposition underground, the charge of 70,000 pounds of ammonal was placed in a most advantageous position, right under the mound, and in October, 1916, the charge was loaded and tamped."

In plain English this meant that the Hun garrison of a certain place near Hill 60, often mentioned in British communications, had been sitting over a first-class volcano for nine months, and the skilful and energetic counter-mining of this Canadian company with another kept him in blissful ignorance until he "went in the air" literally on the famous Messines push. For their numerical strength these tunneling companies have probably the greatest numbers of Huns of any unit in the Canadian overseas forces. One company I visited while at rest in their little green bungalow among the fields can count seven officers with the M. C. and 27 men with other decorations won in this work alone. Their commanding officer has been mentioned three times in despatches, another has four M.C. and fourteen military medals, while the remainder counts one Croix de Guerre, six Military Crosses, five D.C.M.'s, and twelve military medals. Some of their officers, keen men from Canada's technical schools, have staff appointments at various army headquarters, and there is one who has gained a fine advisory post at British General Headquarters itself. That is only part of the record, and some day when the censorship is unnecessary the whole tale of these splendid units will be given to their friends in the Dominion.

We Are Moving.
A lesson in incomprehensible magnitudes was given by Dr. J. S. Plaskett, Dominion astronomer at Victoria, to the summer school at the coast recently. Among the surprising things that Dr. Plaskett said on this occasion, in the way of big figures, was that every twenty-four hours every one of us stay-at-home individuals travelled 20,000 miles, which was at the rate of thirteen miles a second. That was the rate at which the earth was revolving on its axis. We were also, he said, spinning round at eighteen and a half miles a second, or a thousand times as fast as the fastest railway train, as it was with that velocity that the world was circling the sun.

Birch Production.
The various species of birch in Canada produce more lumber than any other Canadian hardwood tree. The wood is used for flooring, interior finish, furniture, and for a large number of small articles, such as spoons, clothes pins, and toys. The production of birch was \$1,543,000 feet in 1915, and \$5,733,000 feet in 1916. The 1916 value was \$1,478,970.

MONK TRADITION ENDED.

Toronto Reservist Tells Story of Mons Retreat.

The late George W. Monk, of Toronto, whose death has been reported recently in a Canadian unit, was a descendant of Sir George Monk, the Devonshire baronet who fought for King Charles the First, then for Cromwell in Scotland, and afterwards accomplished the restoration of King Charles the Second. For the last named service he was created Duke of Albemarle, and at his death found resting-place with the mighty dead in Westminster Abbey.

"Monk's Regiment of Foot" of Cromwellian times became the Coldstream Guards. Since its formation, the Coldstream Guards have always had an officer of the Monk family to lead them in peace and war.

And thereby hangs a tale of the red retreat from Mons, told by a Toronto reservist, by name, Robert Skidmore.

Skidmore was with the Coldstream Guards at Mons. Like all the men who survived that "show" Skidmore's mind is hazy in regard to details. Like thousands of others, he marched and fought, sometimes asleep when the fight was on. Sometimes so hungry he forgot he needed food, sometimes so thirsty he lapped the filthy water in the ditches on the roadside, but never so tired, thirsty, or hungry as to abandon hope of some time turning around on the Hun and making him travel as fast towards the Rhine as the greyclothed enemy was then driving the British and French on to Paris.

Skidmore is a matter-of-fact Englishman. He was discharged from the British army, following wounds, on October 1, 1915, and he re-enlisted as soon as fit again. If one told Skidmore he was sentimental Skidmore would scoff at it, but Skidmore has gone overseas again, and this is one of his reasons for going. He is a member of the Great War Veterans' Association. A few days before his return to the front with a C.E.F. unit a few weeks ago he was requested to talk of the Mons retreat. There was one outstanding incident, and only one, that he recalled in detail.

"We were stumbling along the road, the bloody road from the slaughter house at Mons," he said. "The Coldstreams did the best they could. None of us could do much. We shot when we could see anything to shoot at; once or twice, perhaps three times, we got into them with the bayonet. Lord, what a march!"

"Then somewhere near the Belgian-French border they came down on us. Swarms of 'em, big and grey, in the dawn of a misty morning. Captain Monk had charge of my company. He was a game 'un. All the Monks were game, they say, and we always had one or two of them in the Coldstreams—till that day. They got Monk then and they got him good. Not many of the company got clear. We left Monk there—the last of the Monks for seven years.

"In seven years (when a boy becomes a man) we shall have another of the old name in the regiment. The old regiment will carry on, of course. I'm going back. If I'm lucky I'll get another 'Blighty' and get back home to the wife and kiddies in one piece at the end of the 'show.' If I'm unlucky—it doesn't matter anyway. I'm not one of the Monks, and there's more than one Skidmore in the old regiment at any time."

Birds Help Farmers.
Food is needed for our armies. Birds help the farmers produce that food by destroying insect pests. Therefore birds may be considered as one of the Allies. In the Farm and Fireside we read:

"Birds are almost as busy as bees, and their work in increasing crop yields is highly important. One of the cheapest and most effective ways to fight insect pests that annually take crop toll estimated at \$100,000,000 is to aid in the preservation of bird life. Few people realize how many insects are destroyed by birds. A teaspoonful of chinch bugs has been taken from the crop of one quail, and an adult bird has been known to eat 5,000 plant lice in two hours. Such worms and bugs as infest our gardens are favorite food for bluebirds, robins, and many other kinds of birds.

"It is true that some insect pests may be fought with chemicals. Owing to the great war, though, prices for many materials commonly used in sprays, washes, and poison masques are pretty near prohibitive. But the birds work at before-the-war wages. "Birds also eat thousands of weed seeds. A single quail, when killed, was found to contain 10,000 big weed seed. With labor scarce and high, whatever will aid the farmer in his crop against weeds is worth while."

Great Run of Salmon.
The run of salmon in Alaska and the inside waters east of Vancouver Island is reported to be exceptionally heavy this year. There is every indication of a good run on the Fraser, as good as in any of the big years.

Reports indicate that the salmon run in Southeastern Alaska is one of the largest in years. Three canneries have each packed approximately 60,000 cases and the run of salmon continues enormous. All the canneries have snowdrifts of fish alongside the piers waiting to be handled, and the traps are reported full of salmon. The canneries are facing a scarcity of labor, and the race to "put tin around the salmon" on Prince William Sound has attained unequalled proportions this season.

Anyone who has the appearance of a fisherman, or looks strong enough to pull a net is in danger of being put to work if he shows up in the vicinity of a cannery. There is no night in those latitudes and the men work almost continuously, sleeping at short intervals between tides while waiting to overhaul the gill nets.



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The inducements offered with common soaps cannot make up for the purity of Sunlight Soap. It costs US more to make pure soap. But it costs YOU less to use it, for Sunlight pays for itself in the clothes it saves. It does not wear and rub the fabrics as common soaps do.

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IT IS CHEAPER to lay hardwood floors in a house than to buy carpets for it.

What's more—the hardwood floors will last a life-time, are much easier to keep clean and in every respect will return you dividends of pleasure on your investment.

We sell "Beaver Brand" Hardwood Flooring

It is thoroughly kiln dried, accurately machined, perfectly matched, and guaranteed to last a life-time. Ask any person who has hardwood floors in his house whether he would go back to the old softwood floors and carpets. The answer will convince you that it pays to buy hardwood floors.

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Being Lot 53, Concession Glenelg, containing 100 acres premises are new frame house, sheds and outbuilding stream through about 10 acres hardwood in good state of cultivation further particulars, applies to Mrs. John Staples Glenelg, containing 100 Durham, Ontario.

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The property of the Eva, in the town of Telford, Durham.

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PROPERTY FOR SALE
That splendid residence in Upper Town belongs late Mrs. Wilson, will reasonable terms, comfortable more or less; comfortable 7 rooms; hard and soft bearing orchard and situation. Apply on phone Thos. Ritchie or Du Executives.

FOR SALE
One 14-h.p. traction erloo; one 36x48 sept stacker, dust collector Waterloo; one No. 3 Blizzard corn cutter; 6 tank, nearly new. For good order. Apply to Livray, R.R. 2, Priceville

POULTRY WANTED
Wanted—Yearling Reds, Leghorns, Wyandotters.—T. W. Weir, 75 Toronto, Ontario.

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Spirella Corsets (Stores), made in Canada with the indestructible stay, the most pliable corset boning in the anted not to break a year of corset wear. by mail or telephone attention.—Mrs. J. C. 107, Durham, Phone

FARM FOR SALE
Lot 30, Con. 10, E containing 100 acres; good two storeys high; land in good condition; never-failing shed; will sell cheap in the city and need of farm. I will sell, or at Robt. T. lot, for the next week that, apply to my Alex. Coutts, 47 Avenue Toronto.

FOR SALE
A brick house and land just outside of the stable stables, hen-houses other buildings are in good condition. Will also sell fowl, and a quantity of particulars, apply on Lambton street, to M

STRAY CATTLE
Strayed from me and undersigned about 4 two black steers, of face; two gray heifers, and one red steer giving information, write to—John Wells, All

FOR SALE AT A. Bell Cutting-box engine, horse-power connections.—J. Murdoch
TO RENT—A good stable and driving shed convenient. Rent. Apply at The Chron

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East half of Lot 3, E.G.R. (the farm), 100 acre cleared, balance in fenced and well watered house and bank best farms in Du will be sold cheap terms. For particulars Albert Smith, R.R.

An actress may be found and still be world on fire. Even if you have inch, you haven't put forward in vain.

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