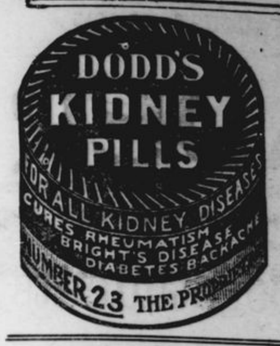


BRITISH FORCES WASTE FOOD

Report That Soldiers Clean Boots With Bread.

The report that the British soldier uses bread to clean his boots has caused an officer attached to the Quartermaster General's staff to make a statement in the London Times, regarding the wastage of food in the army, which he thinks is no more to blame in this respect than the civil population.

"There is no doubt," the officer says, "that where a very large number of men are assembled together under military conditions the appearance of waste will be more striking than family waste in a civil community."

He then admits that the wastage of food, particularly of bread, is characteristic of the army, since it is the vice of a large section of the British populace. Some waste is inevitable, but it can be reduced to a minimum if the officers of a regiment give the food problem the same attention they give to the training of the men in the field.

Avoidable waste is usually coupled with complaints of deficiency of food. But no small cause is the fastidious taste of the men of the new armies, who come in large part from nice homes and are not used to the coarse fare of the camp. The serving of food also often involves waste, as when all the meat is cooked and served at once, and the scrap ends and bone that might have been cut out and made into soups and stews are sent to the table and thrown away.

The modified home ration of the army gives a soldier a pound of meat, a pound of bread, two ounces of bacon and seasonings, with cash allowance of 11 cents a day to buy extras. In the extraordinary forces the allowance of food is greater, including a quarter of a pound of bread extra and jam and cheese; but lately these additional items have been eliminated on most parts of the line and the cash sum of 11 cents substituted, as in the home ration.

As some 80,000 army cooks are required and the facilities for training cooks were at first limited, the mess was badly handled for a time in the new regiments. But this drawback has been overcome.

The officer tells of seeing a score of large loaves floating down a river near a camp in Salisbury Plain and found the men had thrown the bread away because of the food brought them by friends and relatives.

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.

The mean height of land above sea level is 2,250 ft.

Minard's Liniment Cures Colds, Etc.

WHERE ADAM AND EVE WERE PUNISHED

HOW ALLIES DROVE TURKS FROM GARDEN OF EDEN.

Rev. Robert Hardy Describes His Feelings as the Regiments Entrenched on Spot.

At last the British Army is encamped in the Garden of Eden, in the very spot where the Lord God originally planted the human race to dwell in happiness and innocence, writes the chaplain of the British expeditionary force in Mesopotamic.

We are now in ocupation of Kurnah, which is at the junction of the Tigris and Euphrates rivers. I have read over my Bibled on this sacred site with deep emotion, and I am convinced that this is clearly the place referred to in holy writ as part of the Garden of Eden. In the Book of Genesis, chapter 2, verse 10, we read, "And a river went out of Eden to water the Garden."

The four rivers of Eden mentioned in Genesis have all been clearly identified with portions of the Tigris and Euphrates rivers, although Genesis only uses the present name of one, the Euphrates.

Protecting Oil Fields.

When once Turkey had declared war on the allies it became a matter of great importance for Britain to seize the head of the Persian gulf, where the rivers of ancient Mesopotamia flow into the ocean.

The Shatt-el-Arab, as the stream is called where the Tigris and Euphrates rivers unite in one, for the greater part of its course, forms the boundary between Persia and Turkey. Some twenty miles below Basra it is joined by the Kasum, near whose course, about 100 moles from its mouth, are the Anglo-Persian company's oil-fields. The effective protection of these is necessarily an object of vital importance. It was also of considerable importance to create a division in this quarter which should cause the Turkish generals engaged in defending the Dardanelles to feel uneasiness as to a possible advance up the Euphrates.

The expeditionary force, under Lieut.-Gen. Sir Arthur Barrett, consisted of three Indo-British infantry, and artillery and auxilliary services in proportion—in all probability some 15,000 to 18,000 men. It included at least three British battalions — the Second Dorsets, the Second Norfolks, and the Oxford and Bucks light infantry.

The advance brigade reached the Shatt-el-Arab and after a brief fight occupied Fao, a few miles up the river. Several attacks were made upon it by a force from Basra, which were easily beaten off.

Shortly afterward the main body of the expeditionary force began to arrive. It has entirely disembarked at Saniyeh, a place above Fao, near the Anglo-Persian Oil Company's depot at Adaban.

Wilderness of Mud.

The weather was wretched. Rain converted the alluvial flats into a wilderness of mud. The men were drenched and caked with the riverine clay; the very rifles were often choked.

Meanwhile the advance guard carried out a reconnaissance up the river and located the enemy in position at Sahilo, about nine miles distant. They numbered about 5,000 men, with twelve guns, under Gen. Subr Bey, the vali (governor) of Basra. The reconnaissance carried an advanced position with a loss of sixty killed and wounded, and withdrew unmolested to report.

Barrett paraded for the attack the bulk of his forces, though neither men nor horses were very fit after the voyage and toilsome landing—the artillery horses especially being nearly helpless.

After a trying march through a veritable quagmire, the troops sometimes up to their waists in slush, the division about 9 a.m. came within range of the Turkish position, and the leading brigade, under Major-Gen. Fry, deployed for attack. The ground was absolutely open, and the Turks had a perfect field of fire.

Needs Restoration.

On our side the men had the greatest difficulty in getting forward through the clayey mudbeds, and the worn-out horses could not bring up the field artillery. Nevertheless, the Belgaum brigade steadily advanced, and the attack, being presently supported by other troops and assisted by the fire of two gunboats on the river, at last closed upon the Turkish entrenchments and carried them, capturing two guns and 100 prisoners, besides inflicting a very heavy loss in killed and wounded. The defeat of the enemy was assisted by a mirage, which miraculously came to the aid of our gunners. The defenders of Mazera made a hard fight, assisted by the thick palm woods; but the village was carried. Four guns were captured. Some of the defenders escaped across the Tigris, here over 200 yards broad; others had fled along the river bank.

Thus we had captured the Garden of Eden. Under the rule of the horrible Turk it has become a most miserable place. But Christian missionaries will restore it to happiness and civilation.

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.

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 waf 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.

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:

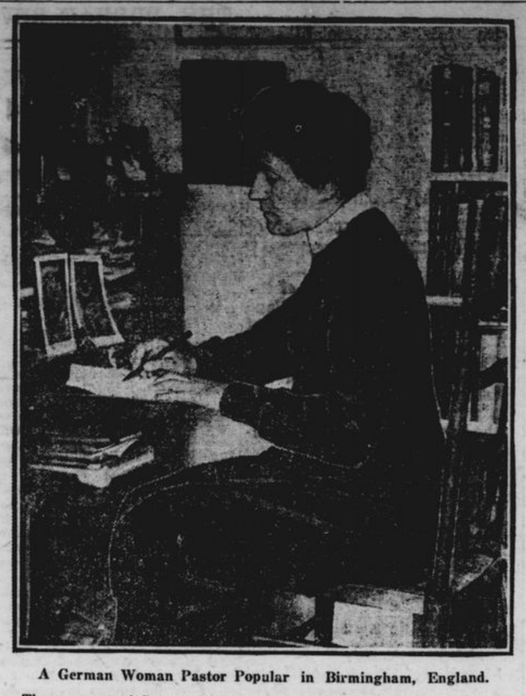
Postum Cereal—the original form—must be well boiled. 15c and 25c package.

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.



A German Woman Pastor Popular in Birmingham, England.

The recent anti-German riots in Great Britain, which came as a climax to the sinking of the Lusitania, were not directed at every German inhabitant of the British Empire, for there are still a great number of Germans who are regarded with the highest esteem by their British neighbors. This has been strongly emphasized in Birmingham, Eng., in the case of the Rev. Gertrude von Petzold, M.A., who is seen in the accompanying photograph at work preparing a sermon. For eighteen years she has been a resident of England and during that time she has endeared herself in the hearts of her neighbors to such a degree that they have petitioned the Home Secretary to grant her naturalization papers. She is the pastor of Waverly Road Unitarian Church and has taken her degree at Edinburgh University.

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?

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.

Faithful Horses.

A driver in the Royal Field Artillery, while in a hospital in England, told the following simple and affecting story of his horses:

I had driven them for three years. I tell you I could talk to them just as I am talking to you. There was not a word I said that they didn't understand. Early in the retreat from Mons, a shell crashed right into the midst of the section with which I was moving. A driver in front of me was blown to bits. My gun was wrecked. I was ordered to help with another. As I mounted the fresh horse to continue the retreat, I saw my two horses struggling and kicking on the ground to free themselves. I could not go back to them. I tell you it hurt me. Suddenly a French chasseur dashed up to them, cut the traces, and set them free. I was a good way ahead by that time; but I kept looking back at them, and I could tell that they saw me as soon as they were on their feet.

Those horses followed me for four days. We stopped for hardly five minutes, and I could not get back to them. There was no work for them, but they kept their place in the line like trained soldiers. They were following me to the very end, and the thought occurred a thousand times: "What do they think of me upon another horse?" Whenever I looked for them, they were in the line, watching me so anxiously and sorrowfully as to make me feel guilty of deserting them. Whenever the word "Halt!" ran down the column, I held up my head to them. They saw it every time and stopped instantly.

Whether they got anything to eat I do not know. I wonder if they dropped out from sheer exhaustion? I hope to heaven it was not that! At any rate, one morning, when the retreat was all but over, I missed them. I suppose I shall never see them again. That's the sort of thing that hurts a soldier in war!

Minard's Liniment Cures Garget in Cows

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."

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, kills a corn for all time. No pain. Cure guaranteed. Get a 25c. bottle of "Putnam's" Extractor to-day.

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.

Minard's Liniment Cures Distemper.

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."

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.

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."

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.

Spain's national emblem is the pomegranate.

Minard's Liniment Cures Diphtheria.

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."

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.

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.

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.

A dollar in your pocket is worth two that you owe.

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. Bellmar 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 40 per cent. of the world's leading boat builders. Catalog on request. $140 to $360 depending on equipment.
KERMATH MFG. CO. Dept. Detroit, Mich.

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 is 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 25c, 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. J

International Stock Food Co., Limited, Toronto

"Overstern" V Bottom Motor Boat $55.00

Freight Prepaid to any Railway Station in Ontario. Length 18 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.

ICE CREAM BRICKS

Ice cream frozen in boxes—enough in each box to serve five or six—is a method of shipping that the City Dairy has developed until discriminating dealers everywhere have them on sale.

A pail of chopped ice and a little salt will enable you to serve Ice Cream at that picnic.

City Dairy TORONTO.

Look for the Sign.

We want an Agent in every town.

I'LL DO MY SHARE FOR HOME GUARD HOME AND COUNTRY

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.

ONTARIO ARCHIVES TORONTO