

THE Y. M. C. A. IN PALESTINE

SECRETARY DESCRIBES WORK
AMONG TROOPS.

"Here's One Place Where We Can Get
Something for Nothing,"
Says Tommy.

The hardest parts of the job in this front line are the transport and water, writes the Y.M.C.A. Secretary. All of the transports available are used for military purposes and the demand for supplies here is even greater than at the base. We cannot keep in supplies very long. We have to squeeze a case on here and another on there to get anything at all. There is, on the other hand, plenty of water for ordinary purposes, but for luxuries, such as cocoa and limejuice, there is some hesitancy in supplying it. In spite of this fact we are allowed a goodly portion, for the first night I was here we gave away ten urns of water to working parties—men going and coming from the trenches and others encamped or dug in in the immediate vicinity of the Y. M. This is one of our stunts up here, supplying the men with free lemonade all day and hot cocoa at night.

The expressions which the secretary hears while serving the men in this comparatively simple service are very gratifying. Tommy seldom expresses himself, but when he does it is to the point. "Thank God for this," or "Here's one place where we can get kaksheeh" (something for nothing), or "What would we do without a Y. M. about?" These are the best forms of gratitude.

All day and all night there are mile teams, horse transports and camel trains going by. Each and all drop in for a drink at the Y. M. and to buy a packet of "fags" (cigarettes), some biscuits or chocolate. We keep only those things which are essentials to the men. Our transport is so limited it is better to keep only the things which the men really need—food and drink.

Camels as Water Carriers.
We sold out nine cases of chocolate and biscuits this morning in two hours and could have sold ten times the amount if we had had it to the same men; but in order to make it serve as many as possible we limit each man to so much, thus letting more get a chance at it.

It is most discouraging to turn men away, as we have to do at times. It is even harder after they have been working in the sun or come in from a long march and want lemonade or even water to have to say "No" because we have run out. Some of them walk literally miles to get what little we can supply them with. When we can supply them we are well repaid by service rendered; when we cannot the disappointment, both to them and to us, is overwhelming. We are also able to supply them with the latest daily papers from Cairo. They are necessary two days late, but nevertheless much sought after. We send literally thousands up to the trenches to help them pass away the time, as well as to keep refreshed on the news of the outside world.

The way in which we get our water supply is thrilling. We are given these camels once a day with a couple of camel boys—Egyptian—and we must take them some two miles for water. I have undertaken this job myself, as the orderlies are generally otherwise occupied about the canteen. Each camel carries two fanas, or water tanks, on his hump saddle, thus making six fanas of water a day allotted to us. We go to the wells, the camels are made to kneel down by a series of hissing sounds from the boys, and the fanas are then filled by means of small hand pumps. We are then ready to proceed homeward with our precious liquid.

Production of Cheese.

The total production of factory cheese in Canada in 1916 was 192,968,497 lb. of the value of \$35,512,530, as compared with 183,878,898 lb. of the value of \$27,587,775 in 1915. By production of the lead in production is taken by Ontario with a total quantity in 1916 of 126,015,870 lb. of the value of \$23,312,925, Quebec being second with 61,906,750 lb. of the value of \$11,245,104. These two provinces together account for 98 p. c. of the total production of factory cheese. The production and value of factory cheese in the other provinces in 1916 were as follows: Prince Edward Island, 2,127,736 lb., value \$409,495; New Brunswick, 1,188,564 lb., value \$210,692; Manitoba, 880,728 lb., value \$158,931; Alberta, 745,122 lb., value \$154,454; Nova Scotia, 94,727 lb., value \$16,959; and British Columbia, 18,000 lb., value \$3,960. The average price per lb. of factory cheese for all Canada works out to 21 cents in 1916, as compared with 17 cents in 1915. In 1916 the average price is highest in British Columbia, 25 cents. In Quebec and Ontario the average price is 18 cents and in Alberta it is 21 cents.

British military authorities have issued instructions that no soldiers who are now engaged on agricultural work in England are to be withdrawn from the land until further notice. This instruction applies to all the classes of soldiers who have been made available for agricultural work.

Putting Pep and Punch into the daily job during the hot days is a matter of physical and mental fitness—and this comes from foods that supply the greatest amount of real nutriment with the least tax upon the digestive organs. Cut out meat and potatoes and eat Shredded Wheat Biscuit with sliced bananas or other fruits and green vegetables. Strengthening and nourishing.



Made in Canada.

WESTERN CROP MUST BE SAVED

Insistent Call for Men From Prairie Wheat Fields.

The crop in Western Canada is rapidly approaching the harvest stage. In some places, indeed, cutting has commenced already. But the insistent call for harvest help will be general throughout Manitoba, Saskatchewan and Alberta within the next few days.

Save the crop! is the urgent appeal from the leaders in all the Allied countries. In Canada, the young men of adventurous tendencies in the towns and villages of Ontario, who have been unable to go to the trenches, will be contributing a very real service to the cause by helping grain growers of the Prairie Provinces gather the wheat upon which so much of the success of war operations depends.

The rates to the west are low, and the wages, because of the high level of the price of wheat, are certain to be good, if not high. Moreover, there is always the possibility that the harvest, "doing his bit," may locate a farm in the west and settle permanently there.

To many young men and those more mature, in every small town in Ontario, including our own, this appears as a great opportunity to serve the country in a practical way. A pleasant, long-distance train journey, and a visit to the invigorating west, are added attractions. But the crop must be saved!

A MARKED CONTRAST.

Between British and German Headquarters in France.

An American arriving in London after a visit to British headquarters in France spoke of the contrast between the latter and German headquarters, where, during the earlier stages of the war, he happened to find himself. "The contrast," he said, "is almost beyond description. At the German front, when I was there, it was one incessant business of heel-clicks and sword-clanks! No relaxation of any kind, ramrod stiffness everywhere and always a sense of restriction, as though you were shut up in an ice chest!"

"A short time ago I had the pleasure of visiting the British general headquarters. 'G. H. Q.' is absolutely a jolly place. No flap, no side, no heel-clicks, and never a sign of a refrigerator machine to be seen anywhere throughout the whole show. Sir Douglas Haig was a human man, and no more."

"Genial, friendly, with a handshake that strikes a glow into you, blue eyes that flash good humor and fun, as keen to see a joke as to fix up a tactical point, a ready and fluent tongue, and a way with him that, after five minutes in



A Call to Your Grocer will bring a package of Grape-Nuts
A delicious, healthful food and a pleasing lesson in economy.
"There's a Reason"
Made in Canada

his company, makes you feel that you have known him as a real friend for years. He is perfectly frank and astonishingly modest.

"Naturally, his 'boys,' as the staff is familiarly known, love him, and would wait through Hades gladly enough for him. They are all sorts and sizes, and all ages; but they are all tarred with the same brush of good nature, good fellowship and brotherliness. I was billeted with them one night, and it was the most glorious night's fun I have ever had in a peculiarly mixed and varied existence."

THE SISTER OF A SOLDIER.

She may not follow forth with him When wide the Flag's unfurled, For he will take her cheery smile Halfway across the world. The word he caught at going; Her brave good-by, as proud and clear As any bugle blowing.

She'll keep the home lights gleaming fair, The hearth flame brightly burning, Please God—he'll be returning. The old house sweet against the day— She cannot strike the marching pace, But when he's out of sight She steps into his empty place, And stays behind to fight!

THE FIRST LINE OF DEFENSE

Pure blood is the body's first line of defense against disease. Strong, healthy blood neutralizes the poisons of invading germs, or destroy the germs themselves. That is why many people exposed to disease do not contract it. Those whose blood is weak and watery and therefore lacking in defensive power are most liable to infection. Everybody may observe that healthy, red-blooded people are less liable to colds and the grippe, than pale, bloodless people. It is the bloodless people who tire easily, who are short of breath at slight exertion, who have poor appetites, and who wake up in the morning as tired as when they went to bed. While women and girls chiefly suffer from bloodlessness the trouble also affects both boys and men. It simply affects girls and women to a greater extent because there is a greater demand upon their blood supply.

To renew and build up the blood there is no remedy can equal Dr. Williams' Pink Pills. They tone up the entire system, make the blood rich and red, feed and strengthen starving nerves, increase the appetite, put color in the cheeks, give refreshing sleep and drive away that unnatural tired feeling. Plenty of sunlight and wholesome food will do the rest.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

The Best Part.

Auntie was trying to teach her spoilt nephew to be unselfish. "Did you do as you were told, Billy, and give your little brother the best part of the apple?" "Yes, aunt," said the bright youngster. "I gave him the seeds. He can plant 'em, and have a whole orchard himself!"

Lachute, Que., 25th Sept., 1908. Minard's Liniment Co., Limited. Gentlemen—Ever since coming home from the Boer war I have been bothered with running fever sores on my legs. I tried many salves and liniments; also doctored continuously for the blood, but got no permanent relief, till last winter when my mother got me to try MINARD'S LINIMENT. The effect of which was almost magical. Two bottles completely cured me and I have worked every working day since.

Yours gratefully,
JOHN WALSH.

TURKEY'S SHINING STONE.

Prophetic Piece of Marble Keeps Ottomans Confident of Victory.

Perhaps the most remarkable of all the Constantinople "prophecies," recently discussed, is connected with the "Shining Stone" in the Mosque of St. Sophia. This is a slab of translucent marble, brought from Persia, which has been fixed in the west side of the gallery.

It emits rays of dazzling brilliancy during times of national prosperity or religious triumphs of Islam, but becomes black and opaque, however cloudless the skies, when disaster threatens the Ottoman Empire or the faith.

It has never hitherto been seen darkened, though the Sultan's armies have frequently been defeated and the power of Islam seemed to suffer eclipse. Thus this prophetic stone proves to believing Moslems that, however fate may frown in the present war, the real victory remains with them.

The Respectful Tommy.

A very tall, thin lieutenant reported in Flanders to a Canadian battalion commanded by a bald, elderly colonel. After a few days he approached his commander and asked permission to air a grievance.

"I wish you would use your influence, sir, to restrain my platoon from referring to me as 'Legs,'" he said.

"Sure, my lad; sure," replied the colonel solemnly, "if you'll use yours to stop my whole battalion calling me 'Old Baldy.'"

Across a Thousand Years.

"I desire to live worthily all my days so that after my death I may leave to others a record of work well done."

Across a thousand years of struggle and sorrow floats this message from the heart of Alfred, our greatest Saxon king, a Saxon, simple and earnest, and with a flavor of green meadow land and wild light fragrance in what he said and did, says the London Daily News. I think he was not only English, but the world's greatest king, this man whom a crown did not corrupt, and who toiled under its heavy weight to give England clocks, and learning, and some kind of liberty.

CHOLERA INFANTUM

Cholera Infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded stomach complaints. Concerning them Mrs. Fred Rose, South Bay, Ont., says: "I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams Medicine Co., Brockville, Ont.

Keep down weeds in the garden. Weekly cultivations keep the soil loose, friable and aerated and conserve moisture.

MURINE Granulated Eyelids.

Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by using Murine in your Eyes and in Baby's Eyes.

YOUR EYES No Smearing, Just Eye Comfort

Murine Eye Remedy At Your Druggists' or by Mail, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

Teacher—"Why did the Normans and Saxons fight at Hastings?" Pupil—"That's where they happened to meet, ma'am."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

To prevent a nail splitting a piece of wood push the nail first through a cake of hard soap.

Minard's Liniment Cures Distemper.

Make an inventory of foods and household supplies. This should relieve any waste, extravagance or carelessness. Get rid of the non-essentials. What is not necessary, sell or give to a relief association.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers—It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of Frezone, says a Cincinnati authority. For little cost one can get a small bottle of frezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

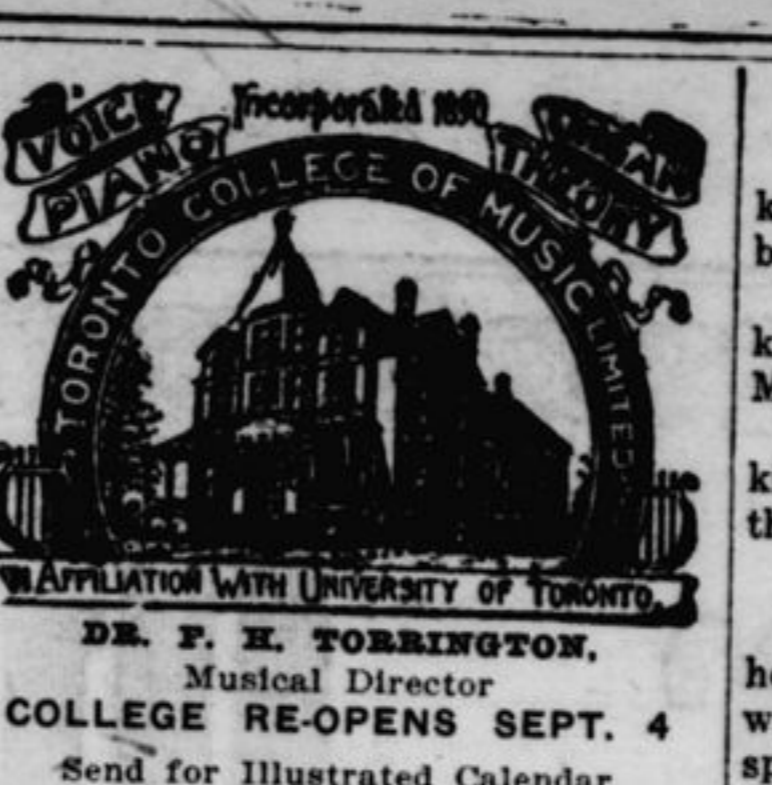
This simple drug does the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any frezone tell him to surely get a small bottle for you from his wholesale drug house.

CLIMBED STAIRS ON HER HANDS

Too Ill to Walk Upright. Operation Advised. Saved by Lydia E. Pinkham's Vegetable Compound.

This woman now raises chickens and does manual labor. Read her story: Richmond, Ind.—"For two years I was so sick and weak with troubles from my age that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would live to live to my old home. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, shovelled dirt, did building and cement work, and raised hundreds of chickens and ducks. I can't say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are useful you may publish them for the benefit of other women." Mrs. M. Q. JOHNSON, Route D, Box 190, Richmond, Ind.



DR. F. H. TORRINGTON,
Musical Director
COLLEGE RE-OPENS SEPT. 4
Send for Illustrated Catalog.

A FISH THAT CAN CLIMB.

Inhabits Dutch East Indies and Climbs Trees as High as Thirty Feet.

There is only one kind of fish in the world that can climb a tree. It is a "goby," and is found in great numbers on the Island of Ceram, in the Dutch East Indies.

Along the sea beaches of that island, close to the water's edge, grow huge trees which are in themselves odd enough, inasmuch as the roots start out of the trunk eight or ten feet above the ground and grow downward to meet the marshy soil in the form of flying buttresses.

The gobies which infest the shallows along shore, making burrows in the muddy bottom for refuge against enemies, are quite at home out of the water, and on land are able to hop about with great agility, their long pectoral fins serving the purpose of arms, while their tails are operated like springs.

When the mud flats are dry these fishes may be seen skipping over by hundreds in pursuit of tiny crustaceans left behind by the tide. They climb the trees, sometimes as high as thirty or even forty feet, to catch insects.

Treat a man like a brute, and he will behave like one.

GET RID OF Pimples



Quickly, Easily and Cheaply by Using **Cuticura**

The Soap to cleanse and purify, the Ointment to soothe and heal. Nothing better for all skin and scalp troubles, as well as for every-day toilet purposes.

Sample Each Free by Mail

With 32-Skin Book. For samples address post-card: "Cuticura, Dept. N, Boston, U.S.A." Sold throughout the world.

Doctors Tell Why They Prescribe Bon-Opto.

Explain How It Strengthens Eyesight Remarkably In a Week's Time In Many Instances.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "Two prominent eye specialists, after a thorough examination of a young girl and twice decided that to save the sight of her right eye the left must be removed. A friend advised her father to try Bon-Opto before permitting the operation. Within three days she decided to improve it was not necessary within a week the inflammation had almost disappeared, and at the end of six weeks all danger was past and the eye saved. The conjunctival inflammation had disappeared. Her vision is now 20/200 normal as you know) as against 20/2000 when she began the use of Bon-Opto. Another patient came to me suffering from Biciparitis Marginalis with all the usual symptoms such as morning agglutination of the lids, chronic conjunctivitis, and epiphora. Her eyes had the dull, suffused appearance common to this case. She used Bon-Opto and not only overcame her distressing condition but so strengthened her sight that she was able to dispense with her distance glasses and her headache and say her eyesight was improved 100 per cent."

Dr. Jenkins says: "While house surgeon at a New England Eye and Ear Infirmary during many years in general dispensary practice, I found oculists too prone to operate and opticians too willing to prescribe glasses, and both inclined to neglect the strengthening and developing of the eyesight. The success of Bon-Opto in strengthening the eyesight will soon make eyeglasses old-fashioned. The Director of Medical Inspection of Boston Schools in a report published February 29, 1917, states that only 14,216 pupils out of 89,124 examined over the previous report. Bon-Opto is hastening the eyeglasses age in Bostonia."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious ophthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. R. came to me suffering with an iritis. The condition was so serious that an operation for excision seemed imperative. Before resorting to the operation I prescribed Bon-Opto and in twenty-four hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. (cross eyes) escaped the surgeon's knife by the timely use of your treatment. The lighted external muscles yielded to the discarding my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time and without the need of resorting to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Kept Tramps Away.

"Don't you want to hire a feller to keep the tramps away, Mrs. Subbubs?" asked the small boy.

"How can a little fellow like you keep the tramps away?" demanded Mrs. Subbubs.

"Easy enough," replied the boy, "I kin eat up all the pie and cake an' things wot's left over."

"He only is advancing in life whose heart is getting softer, whose blood warmer, whose brain quicker, whose spirit is entering into living peace,"—Ruskin.

Minard's Liniment Cures Diphtheria.

Some folks think that they have not hood their corn unless they make a big mound of earth about every hill. A lot of work to no purpose. Level cultivation, with a cultivator that does not dig too deeply, will cause the roots of the corn plant to strike deeper, and keep the corn from blowing over or suffering from drought.

In an ancient Buddhist monastery in Korea wooden blocks, believed to be the oldest printing blocks in the world, have recently been discovered.



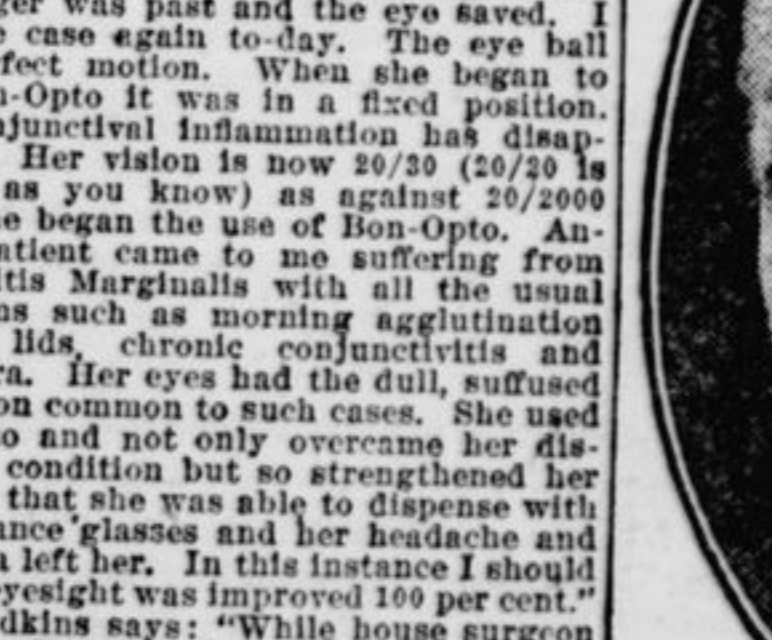
DODD'S KIDNEY PILLS
CURES ALL KIDNEY DISEASES
BRIGHT'S DISEASE
GRAVEL
RHEUMATISM
DIABETES
BACKACHE

Dr. Howard James, late of the Manhattan State Hospital of New York and formerly Assistant Physician Brooklyn State Hospital, says:

"I am absolutely convinced that food into living tissue. Without it, no matter how much what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. A patient of mine remarked to me (after having been 23 a six weeks' course of Nuxated Iron), 'Say, Doctor, that there stuff is magic!'"

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk, or how long you can stand, or how long you can sit, or how long you can stand after meals for two weeks per day of Nuxated Iron. See how much you have gained. From this test experience with Nuxated Iron, I feel it is

such a valuable remedy that it should be kept in every hospital and prescribed by every physician in this country. Nuxated Iron, recommended above by Dr. James, is for sale by all good druggists on an absolute guarantee of success and satisfaction or your money refunded.



"Bon-Opto is Hastening the Eyeglasses Age in Bostonia."

also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

NOTE—A city physician to whom the above article was submitted, said: "Bon-Opto is a remarkable eye remedy, its constituent ingredients are known to and used by oculists and widely prescribed by them. I have patients whose eyes were sore through over-use of weak, irritating, astringent, or other eye medicines, red, itchy, blurred vision or other eye troubles, and I can highly recommend Bon-Opto in such cases. It is one of the very few preparations I feel should be kept on hand for general use in almost every family." Bon-Opto is not a ritual preparation, the formula being printed on the package. The manufacturer guarantees it to strengthen eyesight 80 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblin and Eaton & Co., Toronto.



Investigate the kitchen and those who work in the kitchen. Stop all leaks. It is just as scientific to use and serve foods rightly as it is to learn how to find the range of the enemy.

Minard's Liniment Cures Garget in Cows

LADIES WANTED—TO DO PLAIN sewing at home, whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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.

When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2 a bottle delivered. Book 6 free.

ABSORBINE, JR., for making the antiseptic liniment for Burns, Scalds, Frostbites, Venereal Ulcers, Allays Pain and Inflammation. Price \$1 and \$2 a bottle of Absorbine or delivered. Will tell you more if you write W. F. YOUNG, P. O. F. 516 Lyman's Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.



See! That there stuff (Nuxated Iron) acts like magic. It certainly puts the ginger of youth into a man

Doctors Tell Why They Prescribe Bon-Opto. Explain How It Strengthens Eyesight Remarkably In a Week's Time In Many Instances.



Has Seen Eyesight Improve from 75 to 100% in a Remarkably Short Time.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors cure failing eyesight. There is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say, after using Bon-Opto: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even the print without glasses. Another who used it says: "I was bothered with eye strain caused by overwork, tired eyes which missed their work, and I had worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine. Before me, I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time and without the need of resorting to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.