

TOMMY ATKINS' SWEET TOOTH

WORK OF THE SUGAR COMMISSION IN ENGLAND.

In Order That the Army May Be Supplied, the British Householder Goes Short.

Until one sees statistics one can scarcely believe how much sugar and jam is necessary for supplying Tommy's sweet tooth. In 'The World's Work' Mr. Frederick A. Talbot's history of the industrial mobilization of the resources of the Empire for war is mainly concerned with this subject. The army is a heavy consumer of sugar, seeing that the daily ration issued ranges from two ounces in the case of the soldier at home to three ounces for the fighting man at the front.

On the basis of 1,000,000 men this represents a daily consumption of 125,000 and 187,500 lbs. respectively, among the home troops and those in Flanders. It is possible to bring home more vividly the military requirements in this connection when one recalls that, according to the statement made in the House of Commons by the Prime Minister on December 14, Great Britain has 5,000,000 men under arms. Assuming that each member of this huge force receives an average of 2½ ozs. per day, then our Army is eating its way through 124,100 tons of sugar per annum.

A Grave Situation.
This is approximately equivalent to one-thirteenth of our total normal annual consumption of this article. In 1913 the nation required 1,700,000 tons of sugar. British refineries contributed 800,000 tons of this total, the remainder representing imports from foreign refineries. The British sugar yield was practically nil, inasmuch as we have never enthusiastically embraced the cultivation of sugar beet.

In one stroke our sugar supply was cut in half by the superintention of war, because Germany furnished us with some 50 per cent. of our needs. The situation was undeniably one of gravity, but the Government effectively grappled with it by assuming sole responsibility for the purchase and distribution of the commodity through the specially created organization known as the Sugar Commission. Naturally the Army came first and foremost; no stint in this field could be countenanced for one moment. Some 25,000 lbs. per day had to be immediately earmarked for the use of our troops in Flanders alone, and this quantity at once commenced to grow somewhat startlingly to keep pace with the thousands of men flocking to the colors.

108,000,000 Pounds Per Year.
From the domestic point of view only one course was open to the authorities. The householder and the many interests in which sugar plays an important part must go short. The question at that time was how to make good the 800,000 tons which formerly came from Germany. A sugar refinery cannot be built in a day. The sugar-refining industry in the United States had fallen upon somewhat evil days, many refineries indeed having fallen into desuetude. American interests, realizing the opportunity to retrieve broken fortunes in this field, at once secured these abandoned factories, overhauled them, and brought them into operation once more. Semi-refining upon the plantations also underwent a decided stimulation.

It was also incumbent upon us to search for further potential contributory sources of supply in connection with the raw material, and, simultaneously, to foster the possible yield from British possessions associated with this industry. In this latter direction much has been done. The sugar supplied to the Army is white granulated, and despite the difficulties of the problem there has never been the slightest difficulty in satisfying the War Office requirements. Naturally the leading firms in this country can point to some big orders, the contract with one house alone calling for the supply of 4,900 tons per month, which is equivalent to 108,000,000 lbs. per year.

A CALL TO ARMS.

If you think the cause is right,
(And you're not too proud to fight)
Get a move on!

Line up beneath the flag!
(Don't you love the dear old rag?)
Get a move on!

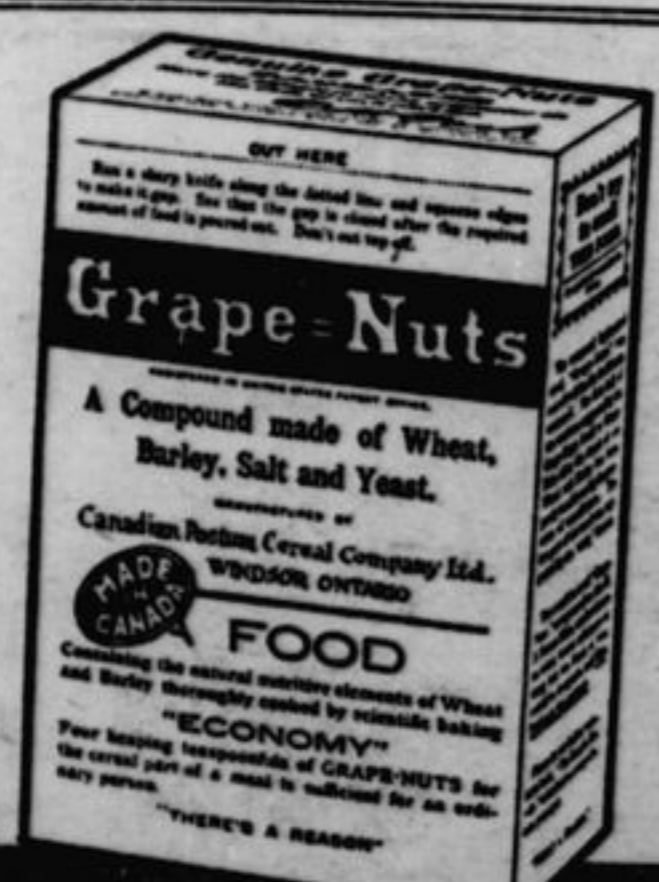
Go sign your name to-day
(Be in the game to play)
Get a move on!

Don't wait to be the last
(Or the war may all be past)
Get a move on!

If, when the boys come back
You have to clear the track,
And get a move on!

You alone will be to blame,
And you'll have to bear the shame
And to wear a slacker's name.
Get a move on!

A noble part of every life is to learn
to undo what has been wrongly done.



The wholesome nutrition of wheat and barley in most appetizing form

Don't Eat Less—But Eat Better. There is no need of anyone going hungry. Canadians should eat foods that supply the greatest amount of nutriment at the lowest cost. The whole wheat grain is the most perfect food given to man. **Shredded Wheat Biscuit** is the whole wheat grain prepared in a digestible form. Every particle of the whole wheat berry is used—nothing wasted, nothing thrown away. Two or three of these biscuits with milk, sliced peaches or other fruits make a nourishing, satisfying meal at a cost of only a few cents.

ARE OUR FORESTS INEXHAUSTIBLE?

ADDRESS BY HON. W. C. EDWARDS IN THE SENATE.

Forest Exhaustion is a Peril to Canada, Says Mr. Edwards in This Outspoken Warning.

"Now I am coming to a subject on which I shall not have sympathy in this Chamber and shall have comparatively few supporters in Canada. There are some men in Canada who have thought as much as I have on the climate conditions of Canada, her geographical construction, and her possibilities. You will be somewhat astonished, honorable gentlemen, at the statement I am about to make. I know of no other public man in Canada who would make such a statement, but the reverse. On all our public platforms, in all our legislative halls, the statement has been continually made that Canada is a country abounding in a variety of natural resources which are of enormous value and inexhaustible. In my opinion this attitude has been more or less misleading and hurtful to Canada, giving her people an exaggerated idea as to her possibilities. Not only has Canada the disabilities due to her climatic condition and her geographical conformation, but she is not a country possessed of numerous natural resources. I make the statement advisedly, and I think I know what I am about, and before many years will be found to be true. One of my friends, in talking to me before I arose to address this honorable House, said, 'Edwards, don't be pessimistic.' 'Well, my friend,' I said, 'I will not be pessimistic, but I am going to tell the truth.' Canada, as I have stated, is not a country of a great variety of natural resources. She has just four, namely, agriculture, lumber, mining, and fishing; and a fifth might be added, namely, our water powers. Occupying the northern portion of the North American continent we are naturally rich in water-powers.

"Inexhaustible"?
Coming to the next industry which I have named, that of lumber, I think it will be agreed that with this I am somewhat familiar. I do not hesitate to make the statement that every province in the Dominion of Canada far overestimates its resources in this respect. There are many in Canada who even to-day believe that our resources in this respect are inexhaustible and that it will only be a question of time until the United States will be exhausted of lumber and will have to turn to Canada for a supply. This idea, I assure you, is absolutely incorrect. The United States has as great a supply of lumber relatively to her wants as Canada has, and the total quantity of standing timber in Canada would not supply the wants of the United States for more than eight years. Canada was once a comparatively rich country in this resource, but bush fires and unwise administration of our timber resources on the part of the various provinces have brought about the unfortunate result I have named.

In pulpwood we are considerably stronger than in timber for lumber manufacturing—of this there is no question; but, if our pulpwood resources are no better administered than our lumber resources have been in former years, they too will become exhausted much more rapidly than is at present anticipated.

Bad Settlement Policy.
I would ask honorable gentlemen who travel through this country from Halifax to Ottawa, or farther west, just to observe as they pass over the various streams the logs that are being sawn to-day; for I assure you, honorable gentlemen, that the logs being sawn to-day in most of the mills in eastern Canada are such as were left in the woods twenty-five years ago, and I do warn the various provinces of this Dominion that, if we do not take care of our resources in this respect, the lumber trade of Canada, except west of the Rockies, will be a thing of the past. A stage was reached several years ago in the lumber industry, making it the continuous aim and object of every lumberman to conserve his resources in this respect; but they have not been supported by the administrators of the various provinces. Considerable portions of country are each year being sold for settlement where the object is not settlement but to obtain cheap lumber, on the part of illicit settlers and a certain class of lumbermen. To give evidence of this I could show to any one who would accompany me, say fifty miles from this city, in one single district from fifty to sixty farms once occupied by pretended settlers, but now, as all the timber is cut off, will be no settlers whatever. This condition of affairs, I assure honorable gentlemen has been most serious in so far as the timber resources of eastern Canada are concerned.

Exaggerated Values.
In making the statements I do relative to our timber resources I do not want to pretend that we have not still timber resources of very considerable value, but I do contend that they are not nearly of the value which the average Canadian believes. With regard to the destruction of these resources, I quite admit that the provinces are not all equally guilty. In so far as fire protection is concerned, the provinces of Quebec and British Columbia have made the greatest strides in improvement in recent years.

Our Autumn Clothes
A jersey frock for the little girl is a natural outcome of the popularity of this material for her mother's frocks and suits. The model, charming for fall, is made of white jersey trimmed with soutache braid. The dress is one of those attractive tie-on or button-on frocks so popular because of their simple fastenings. McCall Pattern No. 7908, Girl's Tie-on or Button-on Frock—with or without shield. Pattern in 6 sizes; 4 to 14 years. Price, 15 cents.



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FREQUENT HEADACHES
People with thin blood are much more subject to headaches than full-blooded persons, and the form of anemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs. Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache. More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are many people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so. 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 THREE FLAGS.

By a Great-Great-Grandson of Martha Washington.
As roseate hues of morning glow
And day emerges from the night,
What do I see that stops the flow
Of blood to heart and dims the sight?
Three banners floating in the breeze,
So bravely waving side by side,
The first two come from o'er the seas,
The third is sure our country's pride,
And God be praised that now at last
Three flags are streaming as if one;
Mistakes and errors of the past
Have gone as mist before the sun.
Flesh of our flesh and bone of bone,
Brave England's colors wide are flung.
While noble France her ensign throned,
Her loving greetings loud are sung.
And untold millions raise the skies
In loud acclaim unto our Lord,
That after all the sacrifice
The beaten foe will drop the sword.
America and France shall be
As true friends tried in days of yore,
While England lets the whole world see
She's with us now for evermore.
As brothers we'll united stand,
Cemented with the great desire
To stop the hellish, Hunnish hand,
Who've filled the world with blood and fire.
As Allies we'll protect each flag,
Where'er it floats on land and sea,
On ocean, town or mountain craig,
With fine and perfect loyalty.
—George L. Upshur.

ANCIENT VAN.
Van, which the Russians now occupy, has a romantic legend. Armenian historians attribute its foundation to Semiramis, the semi-mythical Queen of Assyria. She became enamored of Ara, King of Armenia, and made war on Armenia, to capture him. Ara was killed in the battle that followed; and Semiramis transferred her affection to his country and built the city of Van. Since Prof. Sayce deciphered the local cuneiform inscriptions, we have learned that Van was really built during a Chaldean monarchy that for at least two centuries rivaled in splendor the empire of Assyria. Armenians have a proverb: Van in this world and Paradise in the next. But human perversity, aided by Turkish neglect and misrule, has converted this heaven on earth into a plague spot. Lake Van, on which the Russians launched a flotilla to attack the city, is the largest inland sea of Asia Minor. It is still imperfectly explored, and possesses two curious characteristics. It contains only one kind of fish, a large bleak that, when salted and dried, furnishes the bladders or kippers of Armenia. Furthermore its waters are so strongly alkaline that the people of Van can enjoy the luxury of a bath without buying soap.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery 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 trouble comes 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.

SNAIL FARMS IN FRANCE.

Half Million of the Mollusks Raised On An Acre.
In France, there is a big demand for snails—the daily consumption in Paris alone occasionally reaches fifty tons—the snail-farms yield a handsome profit. As many as 500,000 "first quality" snails, the price of which in normal times averages seven-and-sixpence a thousand, can be reared on an acre of land. They need only be fed once a day, preferably in the evening, and, though extremely voracious, are by no means fastidious. After a fall of rain, which seems to sharpen their appetite, a bed of 100,000 snails will soon demolish a barrow-load of cabbages. They are fed not only on greenstuffs, but on wine-dregs or bran soaked in wine, a diet which is supposed to impart a special flavor. French farmers find a frog-pond even more profitable than a snail-bed. Good plump frogs realize in the Paris markets from 10d. to 2s. a dozen, wholesale rate. Some people cook them whole, but as a rule only the frogs' saddles—that is, the thighs, and underparts—are eaten, these being meaty and delicate in flavor. England is one of the few countries where these delicacies are not appreciated. Frogs are gladly eaten in the United States and Canada, as well as all over the Continent. One American firm does an annual turnover of £10,000 in frogs, whilst, according to a report of the United States Consul, the Province of Quebec benefits to the tune of £20,000 per annum by this commodity. One hotel in Toronto alone is said to consume about 1,500 lbs. of frogs' saddles each season.

Minard's Liniment Cures Dandruff.

Painless Bayonet
Alexander Foster Humphrey, of Pittsburg, invented a narcotic bullet that would kill moose or other animals without hurting them. Now he comes along with an antiseptic, painless bayonet. The Popular Science Monthly says it carries in its blade a capsule containing a mixture of antiseptics, anaesthetics and gelatin. "When the bayonet is plunged into a soldier," it says, "the heat of the body will melt the capsule and release its healing contents, the anaesthetic deadening the wounded man's pain, the antiseptic preventing infection, and the gelatin stopping the flow of blood."

Minard's Liniment Cures Burns, Etc.

The honey bee is probably of Asiatic origin. Wild bees are abundant in India and in the islands of the Malay Archipelago.
To keep dried fruit from becoming wormy: As soon as it is dried, put it in the oven and thoroughly heat to destroy any insects which may have been deposited on it while drying. Put it in thin muslin bags and these again in paper bags, the tightly and insects cannot get at it.

Minard's Liniment Cures Dandruff.

No better time to drain the wet land than right now, after a good rain has moistened and softened the earth.

Minard's Liniment Cures Dandruff.

Two things are essential to a clean skin: One is bathing and a rub down; but the other is still more important, and that is perspiration, for washing out the impurities from within through the pores of the skin takes the undue load of work off the kidneys.

Minard's Liniment Cures Dandruff.

No two wars and no two battles have ever been fought or ever will be in exactly similar conditions. There is no war in the history of the world which has so differed from its predecessors as the present war.—Sir Wm. Robertson.

Minard's Liniment Cures Dandruff.

Dr. Ferdinand King, New York Physician and Medical Author Says:

EVERY WOMAN EVERY MOTHER EVERY DAUGHTER NEEDS IRON AT TIMES

To put strength into her nerves and color into her cheeks.
There can be no beautiful, healthy, rosy-cheeked women without iron. The trouble in the past has been that when women needed iron they generally took ordinary medicinal iron, which of itself is a burden on the stomach and does not do much good. To-day doctors prescribe a new, purified iron. This particular form of iron is easily assimilated, does not blacken nor irritate the teeth nor unsettle the stomach. It will increase the strength and endurance of weak, nervous, irritable women. It is used in many practices with most surprising results. I used it in my own practice with most surprising results. —F. King, M.D.

Minard's Liniment for sale everywhere.

WRINKLES OF FASHION.

When Some Styles Common To-day Had Their Origin.

In the reign of Charles II. Eve had her first riding habit; before that date mounting a gallant steed in any costume the spirit knighted her, even successfully attempting it in a farthingale. The new habit was extremely mannish, not to say ugly, being composed of a doublet, a coat with long skirts and a tall hat. The Queen Anne period saw the eager welcome of the reticule, grandmother of all sorts and conditions of bags.

The custom of emphasizing the trimming on the left side of my lady's hat, frequently of placing all the trimming on that side, has its origin in the position of the knight's plume that was never put on the right side lest it might be in the way of his uplifted sword. In border and in lining fur graced many of the earliest garments, but it did not spring into general popularity until the thirteenth century. Sable and ermine—from Herminia, the modern Armenia—was reserved for kings and nobility.

MURINE Granulated Eyeids.

For Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. Murine Eye Remedy. Small, 50c per bottle. Inquire Eye Sales, in Times Square, New York. Ask Murine Eye Remedy Co., Chicago.

After first removing the cork of a bottle from glue do not use it again, but in its place insert the stump of an old candle. It will never exasperate you by sticking, and the glue cannot possibly spill.
St. Joseph, Levis, July 14, 1903. Minard's Liniment Co., Limited. Gentlemen,—I was badly kicked by my horse last May, and after using several preparations on my leg nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I could start on the road.
JOS. DUBES, Commercial Traveller.

The honey bee is probably of Asiatic origin. Wild bees are abundant in India and in the islands of the Malay Archipelago.

Minard's Liniment Cures Burns, Etc.

Don't market eggs gathered from hidden nests without candling them to see if they are good. Better still, turn them into custards at home.

Minard's Liniment Cures Burns, Etc.

To keep dried fruit from becoming wormy: As soon as it is dried, put it in the oven and thoroughly heat to destroy any insects which may have been deposited on it while drying. Put it in thin muslin bags and these again in paper bags, the tightly and insects cannot get at it.

Minard's Liniment Cures Burns, Etc.

No humbug! Apply few drops then just lift them away with fingers OR CALLUSES OFF

Minard's Liniment Cures Burns, Etc.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards. This drug doesn't eat up the corn or callus, but shrivels them so no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.



MADE IN CANADA
GILLETT'S LYE
Used for making hard and soft soap, for softening water, for cleaning, disinfecting and for over 500 other purposes.
REFUSE SUBSTITUTES.
GILLETT COMPANY LIMITED
TORONTO ONT.

MONEY ORDERS

Pay your out of town accounts by Dominion Express Money Orders. Five dollars costs three cents.

Minard's Liniment Believes Neuralgia.

Best sellers, among animals and books, are the result of careful study and consideration.

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, 7 Adelaide Street, Toronto.

MISCELLANEOUS

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.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

Don't market eggs gathered from hidden nests without candling them to see if they are good. Better still, turn them into custards at home.

Baby's Itching Burning Skin

Outdied by Cuticura Ointment.
It's wonderful how quickly a hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves itching, burning eczemas, rashes and chafings, permits sleep for infant and rest for mother, and points to speedy healing in most cases when it seems nothing would do any good. This is only one of the many things Cuticura does for the skin when used for every day toilet purposes. Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U.S.A." Sold throughout the world.

MRS. KIESO SICK SEVEN MONTHS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.
Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my household work, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own household work. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for themselves how good it is."—Mrs. CARL A. KIESO, 506 North Ave., Aurora, Ill.

The great number of unsolicited testimonials on file at the Pinkham Laboratory, many of which are from time to time published by permission of the owners of Lydia E. Pinkham's Vegetable Compound, in the treatment of female ills. Every ailing woman in Canada is cordially invited to write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for special advice. It is free, will bring you health and may save your life.

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