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In less than two years it will be unlawful to buy or to use poisonous white phosphorus matches

Everybody should begin to use **EDDY'S NON-POISONOUS**

"Sesquin Matches"

And thus ensure safety in the home.

Mid-summer Oxford Sale

Right now in the midst of the oxford season, we are offering big reductions on our complete lines. Next season we will have new shoes to show you. Men's \$5.00 Oxfords reduced to \$3.79.

Small Sizes and Low Prices

\$2.49 for a Pair of Oxfords if you can wear size 4, 4-1-2 or 5. Women's \$4. \$4.50 Pumps and Oxfords reduced to \$2.98.

Children's Shoes 99c.

Children's Fine Turned Sole Slippers and Sandals, sizes 3 to 5, regular \$1.75 and \$2.00. Clearing at 99c.

J. H. SUTHERLAND & BRO

THE HOME OF GOOD SHOES

THE CARE OF THE CHILD

A Series of Thirteen Articles of Interest, Appearing Each Saturday. (Article VI.)

Article No. 4.—The Runabout Baby. Babies from one to two and a half years are called "runabouts," because at this age they begin to get on their feet and soon run about. The baby that has been well fed, has regular habits and plenty of fresh air gets well imprinted and does not often get sick. The baby whose mother has not looked after these things will take a long time to get well, may be sick often and die.

General Needs.—In general, they need the same fresh air, good food and cleanliness as the little baby. These older children begin to eat other food, and are able to do many things that the little baby could not do. This chapter is to give general information for their care. The foundation of a child's life is laid by the time it is a year old. The second year is a year of growth and first. The baby is older and stronger, but it needs just as much care to keep it well and strong, to make it ready for school when it is a little older.

The Second Summer.—There are no terrible second summers for the careful mother. The baby who is fed, clothed, bathed and housed properly all the year round will be able to stand its second summer as well as its first. In the summer food is more likely to spoil, and this is the real cause of second summer troubles. Extra care is needed to see that milk is kept fresh and sweet, and that no food is given which is not in perfect condition.

Disordered Stomach.—For attacks of disordered stomach two teaspoonfuls of castor-oil should be given immediately, and all food, solid and fluid, should be taken away, except barley-water. The baby can go hungry for a day or two without harm. When the baby is improving it may gradually have some milk with the barley-water. The food may then contain one-quarter milk and the rest barley-water. Eat until a little more milk is added, until the baby is taking the regular food again. Many a death and many an attack of summer complaint is turned aside by the quick use of castor-oil, and by lessening the food, particularly cutting out milk as soon as the child becomes ill.

Food.—At the age of one year new things may be added to the baby's food. If it has had a dish of cereal each day since it was eight months old, it can now begin to taste eggs and orange, or prime juice, and a little beef or fish gravy without fear. At fifteen months, a little baked potato may be given. In the tables given on page 19, indicating a choice of foods and meats, it is not intended that the very day the child becomes a year old all of the things there mentioned should all be tried at once. For several weeks, bread crumbs dipped in a teaspoonful of the yolk of a soft-boiled egg are given at breakfast one day, and on the next a teaspoonful of orange juice. If this agrees with the baby, more egg and orange juice are gradually added, until the baby is taking a whole egg and juice of an orange each day. It may take a few weeks until this point is reached. In the same way, beef broth is to be added, a little taste at first, with more gradually until a noontime meal is made up of the broth with barley or farina and dried fruit or toast.

What the Child May Eat.—The following tables show the things which a healthy child of the ages given may eat, and the time for meals. Milk should always be brought to the boiling point and then rapidly cooled.

Diet From One Year to Eighteen Months. Breakfast—6 to 7 A.M. Either (1) A glass of milk with stale bread, or (2) Oatmeal, arrowroot, wheaten grits, hominy grits, etc., made into a well-cooked porridge, or one of the numerous good uncooked breakfast foods on the market, with the milk mixture in use poured over it, or (3) A soft-boiled or poached egg with bread and a glass of milk. Dinner—12 to 1 P.M. Either (1) Bread moistened with dish-gravy, free from fat, beef tea or beef juice, and a glass of milk, or (2) Rice or grits moistened in the same way and a glass of milk, or (3) A soft-boiled egg and stale bread thinly buttered and a glass of milk. Rice, sago or tapioca pudding or junket, in small quantities as dessert, may be given with any of these. Supper—5 to 6 P.M. Bread and milk, and cereals.

Diet From Eighteen Months To Two Years. Breakfast—7 A.M. Choice of (1) a soft-boiled egg with bread and butter and a glass of milk. (2) Porridge as described in the previous list. (1) Boiled rice or a baked potato, mashed and moistened with dish-gravy or beef juice; a glass of milk. (2) Mutton or chicken broth with barley or rice in it, some bread and butter, and some rice pudding made with milk. (3) A small portion of minced white meat of chicken or turkey; or minced rare roast beef, beefsteak, lamb or fish; bread and butter and a glass of milk. Supper—5 to 6 P.M. (1) Bread and milk, or (2) Bread and butter, a glass of milk and a dish of cereal.

Diet From Two To Three Years. Breakfast—7 to 8 A.M. Choice of (1) A small portion of oatmeal, hominy grits, wheaten grits, cornmeal or other cereal porridge with plenty of milk, bread and butter. (2) A soft-boiled egg, bread and butter and a glass of milk. Second Meal—11 A.M. Either (1) A glass of milk with bread and butter or with a soda or other biscuit, or (2) Bread and milk. Chicken or beef broth. Dinner—2 P.M. Choice of roasted fowl, or beef cut fine, mashed pota-

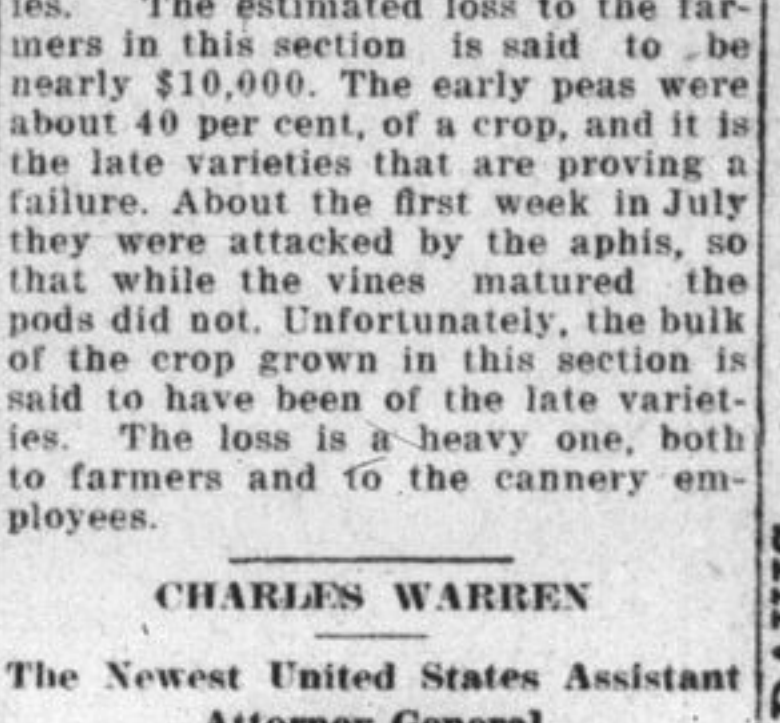
cause the bones of the legs, not hard enough to bear its weight, to be, and then we have the bow-legged child. The child who is ill from being poorly fed, and has the disease known as "Rachitis," or "Rickets," will show it plainly in its curved legs. Its soft bones will not be walking at all, and the proper feeding brings increased strength. The doctor is the only one who can treat such a case. (To Be Continued Next Saturday.)

PEA CROP FAILURE.

Aphis Attacked It—Farmers and Cannery Suffer. Crafton, July 31.—In the vicinity of Grafton, Lakeport, and Wicklow farmers entered extensively this year into the growing of peas for the canning factories. Last year large profits were realized from this industry. This summer many farmers will not get back the price of the seed from their entire crop. At Wicklow the crop of peas is drawn in the straw to a central farmers' barn, where the thrashing is carried on, the green peas then being taken to the canneries. The estimated loss to the farmers in this section is said to be nearly \$10,000. The early peas were about 40 per cent. of a crop, and it is the late varieties that are proving a failure. About the first week in July they were attacked by the aphis, so that while the vines matured the pods did not. Unfortunately, the bulk of the crop grown in this section is said to have been of the late varieties. The loss is a heavy one, both to farmers and to the cannery employees.

CHARLES WARREN

The Newest United States Assistant Attorney General.



Warren, of Warrenton, it really ought to be, because Charles Warren of Boston, ushered in June into the galaxy of lawyers that constitute the office family of Attorney General McReynolds is sui generis. He is a keen young lawyer with a practice that is substantial; his father before him a Cleveland democrat, was like-wise a lawyer of distinction, and the family imprint is written all over the sacred Bay State docket, around the Hub at least. Warren was associated with the late Governor Russel and before that with Moorefield Storey. He was chairman of the Massachusetts Civil Service Commission, and trustee of the New England Conservatory of Music. He's been president of the Keene Electric railway and the author of a number of books. He is a Harvard man, and a clubman and has just joined the National Press club at Washington, along with almost all official Washington.

HARRIS & SWING, BOSTON.

WANTED TO STOP GOSSIP. Son of Lord Redesdale Sued Sporting Times Editor. London, July 31.—The recent wedding of Fraulien von Sriedlander-Suhl, daughter of the German "coal king," and the Hon. John Freeman Mitford, son of Lord Redesdale, which was followed after a few weeks of married life by the separation of the young couple, had an extraordinary sequel in the English courts yesterday, when an application was made for the granting of a "criminal information" against the editor of the Sporting Times. The paper had published a paragraph suggesting that the separation was due to the character of the husband. Mr. Mitford's counsel read letters from Mrs. Freeman Mitford to Lady Redesdale, written after the separation in which the husband was referred to affectionately. Counsel added that the application had been brought in order to stop the gossip which had been circulating particularly in Berlin. The court rejected the application, purely on technical grounds, the Lord Chief Justice saying that the libel was peculiarly atrocious, but that the English courts made a practice to refuse to grant any such applications to persons not holding public office. Counsel for Mr. Freeman Mitford expressed satisfaction, saying the object of his client was to obtain wide publicity in view of the extent of the malevolent gossip.

Every Meal Brought Agony

But Since Taking "Little Digesters" He Can Eat Heartily. From Osgoode Station, Ont., comes a story of five years of suffering from indigestion and dyspepsia, five years of doctoring in vain—then "Little Digesters" and a complete cure. Mr. R. H. Ralph tells the story—his own story—thus: "I have been a sufferer from indigestion and stomach trouble for five years. I had treatment from several doctors, I did not find a cure until I began using 'Little Digesters'." I can hardly describe how much I suffered at times. Every meal brought with it more or less agony and I seemed to have a complete distaste for food. I had almost begun to think my case incurable when I came across an advertisement in the papers about "Little Digesters." I decided to give them a trial. I am very thankful that I did so for I had not been taking them long when I found them helping me. I can now eat heartily and no longer feel pain and discomfort after eating. Does indigestion or dyspepsia make your life miserable? Take "Little Digesters"—they will cure you or your money will be refunded. See a little red box at your druggist's or by mail from Coleman Medicine Co., Toronto.

An Apple Year.

Strawson Post-Standard. The best apple census for 1914 gives us a total crop of between 50,000,000 and 60,000,000 barrels. In the last census year the crop was 46,000,000 barrels. It was 32,000,000 in 1912. It was 26,000,000 last year. Nineteen fourteen may prove to be the record year for this country. New York state, with its hundreds of new orchards, will contribute 1/3 that end. The crop will probably be ninety per cent. of a full yield. Not only in New York and in the west, but in other parts of the world, the apple crop promises big returns.

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