



**Lantic Sugar**  
"The All-Purpose Sugar"

Just cut off the corner of the carton and pour out the pure, clean, extra "FINE" crystals of Lantic Sugar

2 and 5-lb cartons  
10 and 20-lb bags

Atlantic Sugar Refineries Ltd.  
Power Bldg., Montreal

**The Time to Save Your Hair is Now**

GOING! GONING! GONE!!!

**NEWBRO'S HERPICIDE** is the one remedy on your druggists' shelves which may always be depended upon.

Instead of complaining to your friends and mourning over your loss of hair, call upon your local druggist and purchase a bottle of NEWBRO'S HERPICIDE.

It is the first and original germ remedy for dandruff, stops itching and checks falling hair.

You can save the hair you have much easier than you can grow new. The time to save your hair is now. The remedy for doing it is NEWBRO'S HERPICIDE.

Applications may be obtained at the best barber shops and hair dressing parlors.

It is guaranteed by The Herpicide Co. Sold everywhere.

**CARPETS**

You will be delighted at the restoration of your carpets and rugs by a new and exceptionally thorough process of cleaning.

We have every facility for dyeing carpets of every description, without unscrupling them.

Advice regarding cleaning and dyeing willingly given.

**PARKER'S DYE WORKS LIMITED**

69 Princess Street, Kingston, Ontario.

**RASH ITCHED AND BURNED ON BABY**

Healed by Cuticura Trial Free

"Baby was about five months old when we noticed little red spots on his face. The skin was all inflamed, and the rash itched and burned and caused him to scratch. His face was disfigured and he was cross and fretful and we lost a lot of rest with him. We had to keep his hands tied in a shawl so that he wouldn't scratch.

"We got some Cuticura Soap and Ointment. We used two cakes of Cuticura Soap together with the Ointment and the trouble healed." (Signed) Louis Geringer, R. R. No. 2, Box 37, Petersburg, Ontario, Dec. 14, 1915.

Sample Each Free by Mail

With 2-p. Skin Book. Address post-paid, "Cuticura, Dept. J, Boston, U.S.A.," Sold throughout the world.

**Oh!**

Come over to Cooke's and have a Good Photo taken. His studio is 159 Wellington street, near Brook, right next to Carnovsky's Fruit Store.

**18TH CENTURY FRENCH SHIPS**

Have Been Discovered in the St. Lawrence By Toronto Skipper.

**ARE NOT PHANTOM CALLEYS**

**BUT SOLID HULKS OF WHITE OAK WELL FASTENED**

Ribs Taken to Toronto—How the Toronto Discoverer Located the Vessels Which Lie Not Many Miles Below Kingston.

Toronto Telegram.

The yawl Blue Peter is back at her Toronto moorings from a St. Lawrence river cruise. Her forepeak is adorned by a lump of water-soaked white oak, four feet long and a foot wide. It is apparently just an ugly snag of timber, but money could not buy it from the Blue Peter's owner. The only thing remarkable about it is the round augur holes bored through it, and the fragment of a trenail or wooden pin, fast in one of them.

The fragment is one of the bow timbers of the war schooner Iroquois, which flew the flag of Louis XV of France on Lake Ontario before Wolfe captured Quebec.

That the French ever had a fleet of war vessels on Lake Ontario is a fact known to few. That remains of these war vessels are to be seen to this day is a fact known to still fewer. But it has just been proved.

Where They Are.

Where Father St. Lawrence begins to gather up the waters of the five Great Lakes for their final journey to the sea lies an island—and 999 others. This island of the Thousand is more than two hundred and less than three hundred miles from Toronto. It is big enough to support seven families all the year round, besides summer cottagers of the millionaire brand of the U. S. A. But its present name is fame is that it is the last resting place of two warships of the old French lake marine, sunk one hundred and fifty-seven years ago, but still visible. At any rate, they were visited this summer.

These French war vessels were craft about the size of the smallest coal schooners now afloat on the lake—like the little Lizzie Metzner, or Kate Eccles, or William Jamieson. Indeed, they were smaller than the schooners just named; nearer the size of such stonehockers as the Newsboy, or Madeline, or Maple Leaf.

What Can Be Seen.

One of the sunken wrecks, re-discovered this summer, measured sixty-two feet as she lay, crushed and broken by a century and a half's mauling of waves and ice. She would measure about seventy-five feet when intact. They had raised quarters decks, for officers' cabins had these French schooners, and they were square-rigged aloft. They carried ten cannon—twelve pounders, with a range of about a mile.

The wrecks to-day are almost covered with the limestone that was heaped on them when they were scuttled after the conquest of Canada. But their broken ribs, packed close together, their water-worn planking, thickly studded with spike holes, their heavy fastenings of square iron bars and round wooden dowels, the stem, sternpost, garboard strakes, and parts of the deck all protrude from the stonewhich which overlies the body of the hull. It is a pity that either the United States or Canadian Government does not undertake the raising and restoration of these wrecks, as was done with the U. S. flagship Niagara, of 1813, at Erie, Pa., four years ago. It would only take an appropriation of a few thousand dollars to do the job.

**ST. VITUS DANCE CAN BE EASILY CURED**

A Tonic For the Blood And Nerves With Rest All That is Needed.

Many a child has been called awkward, has been picked on in school for not keeping still or for dropping things, when the trouble was really St. Vitus dance. This trouble may appear at any age but is most often met between the ages of six and fourteen. The most frequent cause of the disease is a poor blood, aggravated by indoor confinement, or over-vigilance at school. Under these conditions the blood fails to carry nourishment to the nerves and the child begins to show listlessness and inattention. Then it becomes "restless and twitching of the muscles and jerking of the limbs and body." A remedy that cures St. Vitus dance and cures it so thoroughly that no trace of the disease remains is Dr. Williams' Pink Pills, which renew the blood, thus feeding and strengthening the starved nerves. This is the only way to cure the trouble, and parents should lose no time in giving this treatment of their child seems nervous or irritable. Mrs. Wm. A. Squires, Canington, Ont., says: "My only daughter, 21, for fourteen years of age was troubled for several years with St. Vitus dance. She would lose control of her limbs and her face and eyes would be contorted. We had medical advice and medicine, but it did not help her. In fact we thought the trouble growing worse and finally we had to take her from school. About a year ago we began giving her Dr. Williams' Pink Pills and by the time she had taken five boxes she was completely cured, and is now a fine, healthy girl. I firmly believe we owe this to Dr. Williams' Pink Pills and are very grateful for her restoration to perfect health."

You can get these pills from 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 man who always does his best at least has the satisfaction of knowing that he doesn't owe his failure to carelessness.

Things may come to the map when you wait, but they will come quicker if he gets out and bustles for them.

**How Ships Were Found.**

Robertson's Landmarks of Toronto, Vol. II., page 818-820, give extensive extracts from the "Memoir Upon the Late War Between the French and English in North America, 1755-60," by M. Pouchot. The gifted author, whose reference to the Seven Year War as the "late" one reads quaintly in these stirring times, was a commissioner of the Marquis de Vaudreuil, governor of Canada in the last days of the French regime. He had charge of the building of ships for the French fresh water navy, and controlled their movements afterwards, so that he knew what he was talking about. He tells about the building to two 10-gun schooners, the Iroquois and Outaouais, on the St. Lawrence, and their warfare against the English on Lake Ontario in 1759.

**Tracing Down the Trail.**

Skip now a hundred years or so and come to the recollections of Capt. James C. Van Cleave, a veteran American lake mariner, who wrote out by hand and colored by brush, some forty years ago, a collection of his reminiscences of curious things he had noted in fifty years of lake sailing. Here are some of them:

"In 1756 the French had six to ten brig and schooners on Lake Ontario. Six of them in July, 1756, chased the English Commodore Bradley into Oswego.

"At the taking of Fort Niagara in July, 1759, by the English, the French war schooner Iroquois, captain La Force, took an active part defending the post. She left the fort before the surrender, for Frontenac (Kingston). After the taking of Quebec and Montreal the Iroquois and another vessel was sunk and filled with gravel and sand in a little bay on the n.w. side of Ascertain Island.

"The bay was from 1820 to 1823 quite celebrated as a place for discharging tim-

ber and staves and forming them into rafts for Montreal and Quebec markets.

"In 1831, in the schooner St. Lawrence, with Capt. John Vorse in the schooner Ohio, lay windbound at the head of Ascertain Island, and improved part of the time examining the two old French vessels, sunk and filled with gravel and sand, as noted in the map below."

Here follows a "Map of part of Ascertain Island, lying in the St. Lawrence River, three miles below Suchaport, in Jefferson County, N.Y." The chronicler is occasionally astray from the strict grammatical path, but never out in his geography. To be candid, neither Ascertain Island nor Suchaport are the names he gives in his note. They have been substituted for the real places for protective purposes.

**The Ho-discovery.**

The Pouchot quotations were read by a Jarvis street Collegiate school boy when they were first published in the Landmarks in 1896. For some reason they stuck in the back of his head. Last winter—having meantime gone into business, grown up, and acquired a yacht—he happened to browse into Capt. Van Cleave's manuscript, and came across the references quoted. He was able to put two and two together. In fact, he added another two, getting a total of six; the last "two" being his recollection of the pictures of the French and English fleets on Lake Ontario in the J. Ross Robertson collection of Canadian Historical Pictures at the Reference Library, College street. These pictures were from originals drawn by Pierre Boucher de la Broquerie, who made a map of Lake Ontario in 1767, and decorated it with portraits of the French and English fleets on Lake Ontario in the J. Ross Robertson collection of Canadian Historical Pictures at the Reference Library, College street. These pictures were from originals drawn by Pierre Boucher de la Broquerie, who made a map of Lake Ontario in 1767, and decorated it with portraits of the French and English fleets on Lake Ontario in the J. Ross Robertson collection of Canadian Historical Pictures at the Reference Library, College street.

All that remained for the yacht owner to do was to get a United States War Department map of the St. Lawrence and Lake Ontario, establish the location of Capt. Van Cleave's "Ascertain Island" and "Suchaport," and go there and see for himself. Which—as Jarvis street Collegiate compositions used to say to the great honor of that sound literary master, George A. Chase—he did.

It was not hard to locate the island. Remnants of slightly chimneys marked the great stone fort completed by the British after the French conquest, and demolished later when the island was ceded to the Americans after the War of Independence. Capt. Van Cleave's drawing in his manuscript had charted the spot accurately. There, at either side of the mouth of the little bay where he lay windbound seventy-five years ago, the two wrecks lie, plain to be seen in the clear green water of the St. Lawrence; at least, one of them is very plain, with an average of fourteen feet of water over it; and the other can be glimpsed through the ripple, under the shadow of the opposite bank, although it lies in much deeper water.

**THE ACTIVITIES OF WOMEN**

Chirside, England, has a woman blacksmith.

British golfers now use girls as caddies.

Women voters in Denver outnumber the men.

Chicago has a suffragist who is 113 years old.

Jeanette Rankin is running for Congress in Montana.

Russia has over 2,000,000 women agriculturists.

Women have replaced men in tilling the soil in Italy.

Women physicians in Russia are just as prominent as the men.

A number of women are known to be in Russian infantry regiments.

Women number one-fifth of the factory workers in Pennsylvania.

The Italian Red Cross has over 40,000 women enrolled as nurses.

War marriages have been specially abundant among British servants.

More than 52 per cent of the school teachers in Russia are women.

Women are now largely employed as film censors in Great Britain.

Over 1,000 women are now engaged in carrying the mails in Berlin.

Four women to every five men in Russia are employed in the state and public service.

Uruguay is the first country in South America to recognize women on the same basis with men.

Few Kansas merchants pay their women workers less than \$6 per week, except for novices.

A new club has been started in New York for women over 60 years of age, which already has a membership of over 130.

The Berlin Arms Manufactory has reduced the working period of its 4,000 woman employees to eight hours daily.

Miss Dorothy Dent, a Washington (D.C.) designer, recently won a \$1,000 prize in a Chicago contest in gown designing.

Mrs. Nellie Fablyn, of Geneva, Ill., is one of the most successful women dairy owners in the United States.

Mrs. Russell Sage celebrated her 88th birthday by giving away over \$40,000 to Syracuse institutions.

Mrs. Frances Axtell of Washington is one of the several women who are running for Congress in the west.

For the first time in the history of the British War Office women have been given full recognition for heroism.

Mrs. Kathryn Williams, the motion picture star, wears overalls when working in her garden just outside of Los Angeles.

The new Jasper county almshouse at Carthage, Mo., was built as a result of a campaign started by the women of that county.

In Lombardy Italy, women have raised a great number of rabbits on their lands in order to supply furs for the soldiers.

Of the 12,000 conspicuous positions, largely of an administrative character, in the United States, over 2,500 are held by women.

The first Japanese woman to receive the degree of bachelor of science was among the recent graduates of Northern University at Seattle, Wash.

Mary Wohlford, a Stratford, Ontario, girl, is taking a course in electrical engineering and has just bid on a big gas plant at Escondido, California.

Woman campaigners for Charles E. Hughes, Republican candidate for President of the United States, will visit 31 states during the month of October.

Mrs. Alga Bryant has been employed to dive for the thousands of Allied shells which went to the bottom of New York bay in the recent Black Tom explosion.

The Misses Irene and Inez Mason, daughters of a large insurance broker who died recently in New York, are successively carrying on the extensive business started by their father.

The only profession which Norwegian women cannot exercise, otherwise there is no domain of work where they are not readily entitled to compete with men.

While mortality among women is lighter than among men, insurance companies have found risks on the lives of women unprofitable and write policies on their lives for limited amounts only.

The Duchess de Choiseul, formerly Miss Claire Coudeat of New York, who since the outbreak of the war has daily risked her life attending troops with infectious diseases, has been awarded a gold medal by the French government.

A recent survey of 800 college women in secretarial positions showed 80 per cent, connected with suffrage, social and religious organizations; 14 per cent, employed by schools and colleges, 8 per cent, by publishing houses, 8 per cent, by public officials, 7 per cent, by business firms and bankers, 7 per cent, by lawyers and 6 per cent, by doctors.

In courts of law here we can employ the best counsel to plead our case. It will be different when we go before the Great Judge. There we must plead for ourselves.

The best test of his Christian is found in his deal with his fellow man—not by what he tells the Lord and you in the prayer meeting.

A short prayer often answers every requirement.

**Belgian Relief Fund**

59 ST. PETER STREET, MONTREAL.

\$2.50 Feeds a Belgian Family One Month.

**MAGIC BAKING POWDER**

CONTAINS NO ALUM.

The only well known medium priced baking powder made in Canada that does not contain alum which has all its ingredients plainly stated on the label.

EWING COLETT COMPANY LIMITED

**Hunger Stalks Through Belgium NOW!**

While we in Canada are bringing in the harvests, filling our store-rooms and stocking our pantries with an abundance of good food—our Allies in overrun Belgium are facing another winter of near-starvation.

Women and children there by millions have gone for two years on short rations, for the Belgian Relief Fund has never been sufficient to provide full fare. Consequently they are in no condition to stand the still greater privations threatened on account of the growing number dependent on the Fund. Anything less than the present meagre allowance of bread and soup would, in thousands of cases, fail to hold bodies and souls together.

Shall we can we—go on eating our three square meals a day—living well if not luxuriously—while Belgian children, pinched and cold, sobbingly beg their mothers for bread enough to stop the gnawing hunger?

\$2.50 a month in the hands of the Belgian Relief Commission, will feed a Belgian family. A cigar less a day—a night missed from the theatre—simpler refreshments after an evening's cards—the price of any one of a dozen such habitual luxuries would provide the food that means life for a Belgian mother and her children till the end of the war.

Won't your own meals taste better when you know some little Belgians also are enjoying the food which you provide? Whatever you feel that you can spare, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or send Cheques payable to Treasurer.

**"Eyes of the Guns" A Dangerous Job.**

London Daily Mail.

Lastly comes the forward observing officer. His is undoubtedly the most dangerous and exciting. They live a hazardous—if interesting life. They die a very lonely death. The stories of voices gasping along the humming wires a last message: "My God, Bill! They've got me! A bomb!" and then sobbing into eternal silence are too numerous to repeat. We have most of us heard the story of the observation officer who fell at the telephone during the Great Retreat. His last words were: "Do not obey any further orders from here. The Germans are here."

From those days to those is a far cry, but they are still doing these things. Less than a month ago, when the Hun at one point drove in to our front line and our men were forced to withdraw for the time, a "P.O." was left behind in our trenches. He stayed there undisturbed, serving his battery, directing it on to good targets, and giving it little items of information as to the enemy's actions, for nearly two hours. After that shrapnel cut his wire. As he saw that he could do no more good by remaining, he calmly took the telephone in his arms, scrambled out of the dug-out, and he escaped and won through to his guns, as he deserved.

This will help to tell you what the eyes of the guns are doing out here. They are strong eyes, and they are never closed.

The man without money always thinks he would be a generous philanthropist if he was wealthy. Genuine reform never goes by leaps and bounds.

**SALLOW SKIN Ladies Attention!**

is one of the greatest foes of womanly beauty. It is quickly cleared by correcting the cause—sluggish liver—with the aid of the gently stimulating, safe and dependable remedy—

**BEECHAM'S PILLS**

Worth a Guinea a Box

Send for Free Booklet. In boxes, 25 cents.

New York Skirt and Suit Co., 203 Wellington St.

**McCormick's Sodas**

So good that butter seems unnecessary.

The delightful crispness of McCormick's Jersey Cream Sodas is an indication of right packing. A special cooling process after baking makes them crisp, and our special method of packing in tightly sealed boxes, lined with waxed paper, keeps them so.

Delicate, tasty, digestible and highly nutritious, McCormick's Jersey Cream Sodas contain all the elements of a pure, wholesome food at an economical price. The new model million-dollar snow-white bakery in which they are made, testifies to a purity and cleanliness which is absolutely unique in modern biscuit making.

THE McCORMICK MANUFACTURING CO. LIMITED

General Offices and Factory: London, Canada. Branch Workhouses: Montreal, Ottawa, Hamilton, Kingston, Windsor, Calgary, Port Arthur, St. John, N.S.

Makers also of McCormick's Fancy Biscuits

**WATERBURY'S Snap!**

Waterbury's Soda

**From the frozen north to the blazing tropics Baker's Cocoa**

is known for its purity and high quality.

Walter Baker & Co. Limited

ESTABLISHED 1780

MONTREAL, CANADA DORCHESTER, MASS.

**Hunger Stalks Through Belgium NOW!**

While we in Canada are bringing in the harvests, filling our store-rooms and stocking our pantries with an abundance of good food—our Allies in overrun Belgium are facing another winter of near-starvation.

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