Note Your Increase In Weight

By making the blood rich and red Dr. Chase's Nerve Food forms new cells and tissues and nourishes the starved nerves back to health and vigor.

By noting your increase in weight while using it you can prove positively the benefit being derived from this great food cure.

50 cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Dr. Chase's Nerve Food

GREATER BRITAIN

This War Has Made the Motherland That Indeed.

Great Britain has become Greater Britain indeed. Sikhs and Gourkas are fighting in Flanders; New Zealanders and Australians are fighting Germanized Turks in Egypt; Canadians have won imperishable renown in Belgium; Dutchmen under English colors are fighting Germans in South Africa; and the East and the West are again fighting on the plains of Troy. The Empire is carrying on seven wars at once; on the continent, in the Dardanelles, in the Persian Gulf, in Egypt, in East Africa, in West Africa, and in the Cameroons.

The great financial and economic measures to protect the ordinary life of the nation and to enable England to assist her allies have been perfectly successful, and the daily life of the people seems hardly affected. The streets in the city about the bank and the Exchanges look as they used to look on a half-holiday. The restaurants are only half filled. The smart young men have disappeared, except a few in bandages. One notices that a good deal of French is spoken, and a certain number of French and Belgian uniforms are worn in the streets and that is all.

On the other hand, the British navy has cleared the seas, and has kept open all the great trade routes. It has convoyed armies from the ends of the earth, and the German flag is no longer afloat except upon its navy, which, after all the swagger about "The Day," is still skulking at Kiel, though it is hardly to be imagined that it will not some day, in conjunction with the Zepelins and submarines, make, for the very shame, great adventure of a raid on England.

What the Kaiser called "the contemptible little army" of Sir John French was first sent over to Flanders, and it was as perfectly equipped, its fighting was a revelation, and the whole moral effect of its presence was worth twice its number. To-day Britain has about 650,000 men in the field abroad, exclusive of the Indian and colonial contingents, all of whom with all their equipment, were transported across the Chanel with the loss of but one vessel, and, I believe, only a dozen lives; and there are upward of 2,000,000 men still in training at home.—From "Impressions of the English Attitude Toward the War," by Frederick W. Whitridge, in the August Number of Scribner's.

Minard's Liniment Cures Distemper.

A CUP OF COFFEE.

It Has No Value as Food, but It Has a Stimulating Effect.

The infusion of coffee presents practically very little material that is of direct nourishing value, says a writer in the London Tablet, but for diminishing nervous fatigue, by virtue chiefly of the caffeine present, it may increase muscular power. It is not itself a builder of tissue. The use of coffee after dinner, it is of interest to note, is justified in a large number of cases by the fact of its stimulating effect upon the vital centres, and it is said to serve to some extent as an antidote to alcohol.

It is commonly claimed to remove drowsiness. As a matter of fact, in many subjects it produces drowsiness, but this is usually followed by marked wakefulness. The practice of drinking coffee after a meal for the sake of the stimulus which is experienced has much to be said in its favor dietetically.

There is no reason for supposing that coffee possesses any value as a food. The berry contains a quite important proportion of fatty substances (12 per cent. average), but these are necessarily excluded from the infusion, as, owing to their insolubility, they remain in the "grounds."

According to our analysis, the protein contents of a cup of coffee are small, approximating to 1.25 per cent. of the coffee extracted. This amount can have little dietetic significance. There is also a trifling quantity of sugar present, besides traces of alcohol, which again can possess no importance from a psychological point of view.

GET PLENTY OF THAT.

(Kansas City Journal)

"Baseball an athletic games What good does it do people to sit on benches and watch it?"

"They yell a good deal."

"What of that?"

"Well, they say lung exercise is the most beneficial there is."

A Constant Reminder.

"I notice you have stopped calling your wife an angel."

"I had to do it. It kept reminding her that she wants a pair of wings for her hat."—Louisville Courier-Journal.

FIELD CROPS AND FARM LAND STOCK

Larger Acreage and Good Outlook Shown by Reports.

Increase in Most Departments of Stock Shown.

A press bulletin of the Census and Statistics Office, Ottawa, reports finally on the areas sown to field crops for the season of 1915, and of their condition at the end of June. It also gives estimates of the number of farm live stock. The areas sown to field crops, preliminary estimates of which were given a month ago, are now after conclusion of the sowing season definitely reported to be as follows: Wheat, 12,986,400 acres; which is nearly 18 p.c. more than the area sown, and 26 p.c. more than the area harvested for 1914; barley, 1,509,350 acres, compared with last year's harvested area of 1,495,600 acres; oats, 11,365,000 acres; against 10,061,500; hay and clover 7,875,000, acres against 7,997,000; buckwheat, 343,800 acres against 354,400; flaxseed, 1,009,600 acres against 1,163,000; corn for husking 253,300 acres against 256,000; corn for fodder, 343,400 acres against 317,000; potatoes, 478,600 acres against 475,900; and turnips, etc., 172,700 acres against 175,000 acres. In the three Northwest Provinces the estimated areas sown to wheat are 11,744,700; acres to barley, 962,000 to oats, 6,290,000 acres and to flax 1,004,000 acres as compared with the harvested areas of last year, viz., wheat 9,335,400; barley, 936,000; oats, 5,353,000 and flax, 1,157,000 acres. More than half the total area under wheat and 89 p.c. of the area under flax is reported from the single province of Saskatchewan.

Condition of field crops.—Correspondents state that in the Maritime provinces the weather during June was cold and wet; growth therefore was rather backward. The hay prospects were, however, excellent. In Quebec the grain crops were good, but the weather had been dry and cold. In Ontario all crops, especially fall wheat, looked well, but the hay crop was light. In the Northwest provinces the condition of the grain crops continued to be generally favorable. Frosts, however, about the middle of June, caused a temporary set-back. In Northern Alberta there had been too much rain, but in southern Alberta the promise was for good grain crops. Conditions in British Columbia were generally favorable.

Expressed numerically, the condition of the principal grain crops continues to be excellent. To wheat rye barley and oats are all assigned points exceeding 90 p.c. of a standard of 100 as representing a full crop. Assuming that conditions up to the time of harvest be fairly normal the indications are the end of June are for yields per acre in excess of the average of the six years, 1908 to 1914, by 16.6 p.c. for fall wheat, 5.5 p.c. for spring wheat; 8.3 p.c. for fall wheat; 7.5 p.c. for rye; 3.7 p. c. for barley and 3.6 p.c. for oats. Not since the present Canadian crop reporting system was instituted in 1908 have the grain crops at the end of June presented so favorable an appearance, and this fact, coupled with the large increases in the areas sown causes the outlook to be highly promising.

Numbers of Farm Live Stock.—It is estimated from the report of correspondents that the numbers of farm live stock in Canada at June 30, were as follows: Horses 2,996,099; milch cows, 2,666,846; other cattle 3,399,155; all cattle 6,066,001; sheep 2,438,662; swine, 3,111,900. As compared with 1914 these figures represent increases of 48,361 horses, 35,624 other cattle, and 29,184 all cattle, but decreases of 6,440 milch cows, 19,383 sheep and 322,361 swine.

GREAT SALE OF ORGANS AND PIANOS

Ye Olde Firme of Heintzman & Co., corner King and John streets, Hamilton, Ont., are offering 56 organs at a great reduction in price. Instruments bearing the names of such well-known makers as Bell, Doherty, Karn, Dominion and Uxbridge are being sold as low as $15 to $30.

Good practice pianos from $50 to $100. Write for complete list of prices and terms.

Japan's Hokey Pokey Men.

Japanese children are amused by the rice jelly molder, or amezaikuwa, as American children are by the hokey pokey ice cream itinerant. Beating a drum, he goes up and down city streets with small box on his bamboo pole or an a small cart, paper flags of various colors decorating his outfit. Ame is a kind of jelly made from rice, of which all Japanese children are extremely fond. The ame seller stops when the children round him, and he amuses them by molding all kinds of shapes, from a fish to a bird, which he sticks on a piece of bamboo and sells to his audience for a mere nothing. He can blow up the ame like a glass blower, making a globe "or a large sized" animal or fish, as he wills, and each child chooses the object he most fancies. Last object created is painted with a vegetable coloring in life-like colors, and with each purchase he gives away a paper flag. He is a picturesque feature at all temple festivals. —Bulletin of Japan Society.

Fascinated by His Model.

The weekly meeting of the Married Ladies' Society for the Better Control and Guidance of Husbands had just been called to order by the President.

"Members will now tell their troubles, one at a time," said the chair.

A meek looking little woman stood up in the far corner of the room.

"My husband," she quavered, "is in love with his model."

The buzz of gossip suddenly ceased, and all eyes were turned upon the speaker.

"But your husband is not an artist," argued the president. "He runs an iron foundry, doesn't he?"

"Yes'm," said the meek lady, "but all the same he loves his model. You see, he's a self-made man."—London Standard.

Pure Ice Cream

IS IDEAL for the growing child, especially in the summer.

But it must be pure and made in a sanitary plant, such as the City Dairy. We ship thousands of Ice Cream Bricks for consumption in the home and thousands of gallons of Bulk Ice Cream for consumption in the shops of discriminating dealers everywhere in Ontario.

City Dairy

Look for the Sign

TORONTO.

We want an Agent in every town.

Human Levers.

All man made machinery runs with wheels. Yet there is not a single wheel in the human body. And the human body is the most perfect piece of mechanism in the world. It seems strange that man had developed mechanics along all lines but those with which his own body works. Practically every motion we make is performed by the direct operations of levers, and living creatures are the only machines so built. Almost all these human levers are of one kind, that commonly called the third. There are three kinds of levers; (1) that in which the fulcrum is between the power and the weight, or resistance, as in a pair of scissors; (2) that in which the weight or resistance is between the fulcrum and the power, as in an oar; (3) that in which the power is between the fulcrum and the weight, as in a pair of grass clippers. It is true that each of these forms of levers is used in mechanics, but no great machine has ever been built on the purely level principle.—New York World.

LIQUOR AND MORPHINE HABITS

Are diseases, not vices, and therefore curable. Patients are under my personal care and receive their treatment in ordinary hospitals as ordinary medical cases.

D. H. ARNOTT, M. D.

226 Queen's Ave., London, Ont.

Evangelist Who Was an Actor.

George Whitefield qualified as a boy for greatness in more than one direction. The future evangelist enjoyed play acting and performed in girl's clothes before the mayor and corporation of Gloucester, while by the time he was fifteen he had become an expert ale drawer in the family public house. These pursuits, alien to the pulpit, appear, however, to have been converted into aids to evangelism. The youthful love of the stage, says the London Chronicle, no doubt helped to develop the tremendous histrionic gift which made Lord Chesterfield on hearing Whitefield describe a blind beggar's fall over a precipice spring from his seat and exclaim, "Good heavens, he's gone!"

Minard's Liniment Cures Diphtheria.

How to Live One Hundred Years.

Lo, and behold, a physician comes forward with the announcement that it is as easy as falling off a log to live to be a hundred years old. He says all you have to do is to avoid alcoholic or malt liquors, don't smoke, go to bed at 10 p.m. and get up at 6 a.m., sleep soundly, don't worry about making money (we don't—we worry about not making it), do nothing to excess (don't marry to excess, of course—Mark Twain said that), the simple life all the time, don't get excited (we don't over anything except elections or prizefights), eat only when you feel inclined (or have the price—this has no reference to newspaper men, who never eat a regular meal). With the exception of the parentheses this is really serious advice, and you would do well to heed it if you wish to make the century mark in life's little Marathon. However, as for us, we wouldn't swap one hour of golden, glittering time on pay day in joyous Jacksonville for a whole century of such simple and uneventful existence anywhere else.—Phil H. Armstrong, in Florida Times-Union.

Go to the ant, thou sluggard. In other words, go on a picnic.

FLUNKED ON EGGS.

A Pretty Good Reason Why the Fowl Wouldn't Lay Any.

Young Adolphus de Milyuns was out driving his own car. He was a scorcher and believed in going straight ahead.

Suddenly a terrific clucking under the wheels told him some accident had happened. He pulled up and glanced back. Two fowls lay dead in his track, while another two were fleeing, screeching, back to home and safety.

"That'll be 14 shillings, please," remarked a burly man in corduroys, who appeared on the scene promptly. "That's three and six apiece for the four."

"Four!" gasped Adolphus. "But I only killed two!"

"That's right," agreed the fowls owner, "but them other two will never lay a blessed egg after this."

"I'm sorry," said the motorist, as he handed over the money. "Due to the fright, I suppose."

The countryman shook his head as he slammed the silver into his pocket.

"Partly fright," he agreed, slowly, "but mainly, I reckon, it's because they ain't hens!—London Answers.

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.

Woman.

Who rules the world, whate'er betide
And ever in true worth abides?
A woman.

Who, ever constant, ever true,
And ever fond, through love, to do
A kindly duty—just for you
A woman.

Who, during all of wifehood's reign,
Will ever keep an honor'd name,
Like Lustrous gold, without a stain,
And striving always for your gain?
A woman.

Who bears the brunt of worldly care?
Where duty lies is ever there,
And ev'ry pain her heart to share
Should anglish, fail? An angel fair,
In kindly aid, her love deserve.
A woman.

And when life's work is laid aside,
When hulks of time are in the tide
What sweeps to seaward, ruthless wide—
Who weeps? and in her heartsob cried?
And breathes the pray'r that's not denied
At God's white throne where saints abide.
A woman.

O, woman! mother, sister, wife!
Thy blessing binds the sweet life;
And through the battles, cares and strife
They sweet devotion, ever rife,
Demands a crown of love's device.
A woman.

—Exchange.

He Was Unanimously Elected.

When the term of the old negro preacher had expired he arose and said:

"Breddren, de time am heah fo' de delection on yo' pastoh for anudder, yeah. All dose laborin' me fo' yo' pastoh will please say 'Aye'."

The old preacher had made himself rather unpopular, and there was no response.

"Ha!" he said. "Silence gibs consent allus. I'se yo' pastoh fo' anudder yeah."—Exchange.

"No; but he can't bear to stand around in elegant poses that he isn't being paid for."—Pittsburg Post.

Things You Ought To Know

Pittsburgh is building a new city hall, to cost $1,500,000. Bond issue authorized in 1910.

L. G. Kennedy, of St. Paul, has invented a device for enabling riflemen to aim correctly at a distance of a mile or more.

Ontario's 1911 dairy products were valued at $103,381,854.

British India's 1914 imports were valued at $508,000,000.

New Zealand has over 1,000,000 Europeans.

Australia has a tree 480 feet high.

Bagpipes are commonly played in Italy.

There is no capital punishment in Italy.

London claims to be the healthiest European capital.

Alaska is 14 times as large as the State of New York.

There are ten cartridges in the magazine of the English Lee-Metford, and only five in that of the German Mauser.

It has been estimated that nearly 300,000,000 feet, or more than 55,000 miles, of film are used up yearly to satisfy the world's demand for moving pictures.

Many persons are killed by animals every year in India. In Bengal alone during the past year 15 persons were killed by wild elephants, 117 by tigers, 55 by leopards, 12 by bears, 4 by wolves, 4 by hyenas, and 201 by ather wild animals, or in all 408 persons were killed by wild animals. Snakes were responsible for 4,471 deaths.

Brooklyn has 70 playgrounds in operation.

Chicago has 6,000 school children mentally below normal.

Tobacco growing is increasing in Colombia.

Germany is a large buyer of Colombian tobacco.

Cartagena, Bolivia, has 27 primary schools and 2,000 pupils.

Victoria, B. C., has 200 jitney buses in operation. Average daily earnings, $5.

Conundrums.

What is the difference between a funny fellow and a butcher? One deals out wit, the other witt-ties (victuals).

Why have turkeys no fear of a future state? Because they have their next world (necks twirled) in this.

Why is a deceased poor doctor like a dead duck? Because they both have done quacking.

Why was Shakespeare a good broker? Because he furnished many stock quotations.

What instrument of war does an angry lover resemble? A cross-bow (beau).

If All Played Out, Try This Prescription

When that overpowering weariness and a never-rested feeling comes over you, it shows some serious disorder is undermining your health. The cure is simple. Build up the system and nourish the body back to health by pure wholesome blood.

The one sure means of doing this is with Dr. Hamilton's Pills. They are a marvellous aid to appetite—convert all you eat into nutriment and tissue-building material. Thus a weak body is supplied with new nerve fibre, hardy muscle and firm flesh. Lasting good health is sure to follow. If you really want to get well and stay well, use Dr. Hamilton's Pills, 25c. per box at all dealers.

Reversing a Phonograph Record.

A remarkably curious experiment may be performed with any ordinary phonograph. The sound box is reversed so that the needle slopes the other way, enabling the disc to be turned backward by the finger being placed near the centre. The effect produced is extremely astonishing. You hear the human voice singing songs backward; you hear the harmony of Wagner backward—plain English sounds like a Chinese language. The most remarkable effect is perhaps to play a chime of bells in this reversed manner. The sound rushes up and up, but there is never a single strike or clash of a bell. The strike on the car is reversed and is nothing but a sharp "cessation of sound."—Strand Magazine.

Minard's Liniment Cures Colds, Etc.

The Seven Wise Men of Greece.

The seven wise men of Greece were Thales of Miletus, Periander of Corinth, Cleobulus of Lyndus, Chilon of Lacraemon, Solon of Athens, Bias of Prienne and Pittacus of Mityiene. Some fishermen of Miletus sold a draft of fishes to a bystander. When the net was drawn in it contained a golden tripod, and the purchaser claimed it was his, while the fishermen contended that they sold only the fish that might be in the net. The dispute was referred to the oracle of Delphi, who awarded the tripod to the wisest man in Greece. Thereupon it was taken to Thales, who declined it and suggested that it be given to Bias. He in turn refused to accept it, and thus it was successively declined by all the seven, and they were thereafter known as the seven wise men of Greece.

Forks.

Neither the Greeks nor the Romans possessed forks. It was, according to that curious book of travels, "Coryat's Crudities," published in 1611, left to Italy to invent them, because, as the author quaintly observes, "the Italian cannot by any means endure to have his dish touched with hands, seeing that all men's fingers are not alike clean."

WEAK, TIRED, DEPRESSED

That is the Usual Condition of Persons Afflicted With Anaemia.

Anaemia is the medical term for poor, watery blood. It may arise from a variety of causes, such as lack of exercise, hard study, improperly ventilated rooms or workshops, poor digestion, etc. The chief symptoms are extreme pallor of the face and gums, rapid breathing and palpitation of the heart after slight exertion, headaches, dizziness and a tendency to hysteria, swelling of the feet and limbs and a distaste for food. All these symptoms may not be present, but any of them indicate anaemia, which should be promptly treated with Dr. Williams' Pink Pills. These Pills make new, rich blood, which stimulates and strengthens every organ and every part of the body. Dr. Williams' Pink Pills have made thousands of anaemic people bright, active and strong. The following is one of the many cures. Mrs. Phillips, wife of Rev. W. E. Phillips, Princeton, Ont., says: "Some years ago, while living with my parents in England I fell a victim of anaemia. The usual complications set in and soon I became but a shadow of my former self. My mother, who had been a former nurse of many years' experience, tried all that her knowledge suggested; tonics and various kinds were tried, and three doctors did their best for me, but without avail, and a continued gradual decline and death were looked for.

"Later my parents decided to join my brothers in Canada, and it was confidently expected that the ocean voyage, new climate and new conditions would cure me. For a time I did experience temporary benefit, but was soon as ill again as ever. I was literally bloodless, and the extreme pallor and generally hopeless appearance of my condition called forth many expressions of sympathy from friends whom we made in our new home in Acton, Ont. Later a friend urged me to try Dr. Williams' Pink Pills, and, although in a condition where life seemed to have little to hope for, I decided to do so. After using three boxes I decided to mend. Continuing, I began to enjoy my food, slept almost normally, and began to have a fresh interest in life as I felt new blood once more running in my veins. Dr. Williams' Pink Pills brought about a complete cure and I am to-day in robust health. My husband is rector of this parish, and I have recommended the use of the Pills to a great number of people with whom we have come into contact in the course of my husband's ministry, for we both know what Dr. Williams' Pink Pills can do."

These Pills may be had 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.

"Dreary Stuff," Said Gissing.

G. B. Burgin in the Bookman contributes a personal recollection of George Gissing, whom he met many years ago at a garden party in St. John's Wood.

"He was curiously and I should think unconsciously picturesque," writes Mr. Burgin, "his loose, easy clothes and slouch hat seeming a part of his own personality more than a studied pose, and looking rather at variance with the smart 'getup' of the London crowd which filled the little garden." During conversation Gissing alluded to the fact that many authors wrote with ease and facility, "but," he added, "I grind it out with infinite pain and labor." When Mr. Burgin hinted that most of his material was saddening, "Yes," he said thoughtfully, "it's dreary stuff—dreary stuff!"

A WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural enlargements, sense of falling or misplacement of internal organs, nervousness, desire to cry palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment with ten days' trial entirely free and postpaid, also references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by this method. Write to-day. Address: Mrs. M. Summers, Box 3, Windsor Ont.

Zeppelin Puzzlers.

At what period of its life is a Zeppelin most interesting to us? —At its wreckage.

Why does a schoolmaster's cane resemble a Zeppelin? —Because both leave their mark on unfortified places.

What is the difference between the Crown Prince and a Zeppelin? One is the heir of a pirate, and the other is the pirate of the air.

Why does a Zeppelin resemble King Herod?—Because it compasses the slaughter of the innocents.

How does the Crown Prince resemble a Zeppelin? Because his is an uncertain heirship.

Why is a German sausage like a Zeppelin?—Because they have both been known to kill.

What is the difference between a Zeppelin and the Kaiser?—One is the biggest liar on air, the other the biggest liar on earth.

Minard's Liniment Cures Garget in Cows.

Our Moral Codes.

Our moral codes were invented not to prepare men for heaven or for Utopia. They were invented by men who were none too good theselves to protect themselves from people who were not much worse. There are great differences in human beings as to the amount of knowledge and wisdom which they possess, but there is small difference in regard to the amount of goodness or rascality that they manifest.—Mowry Saben in Forum.

You never can tell. The girl who marries one man in a thousand may live to regret that she didn't select one of the other 999.