Clean, bright utensils mean clean appetizing food—use

Old Dutch

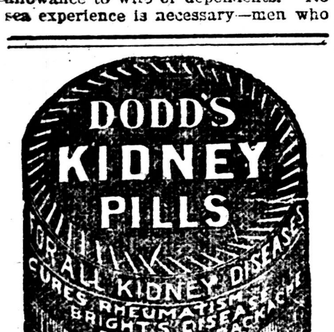
DAILY ROUTINE FOR ABLE SEAMEN A PLEASANT LIFE

Royal Naval Canadian Volunteer Reserve is Enlisting Patriots.

SEA EXPERIENCE IS NOT NECESSARY.

Wages Higher Than Pay Accorded British Sailors—Many Advantages.

As part of Canada's contribution of 500,000 men for overseas, the Dominion Naval Department has organized the Royal Naval Canadian Volunteer Reserve, in which Canadians can serve the Empire afloat at the same rates of pay as in the Canadian expeditionary forces. Men enlisting in this reserve are ranked as able seamen, and paid $1.10 per day, with $20 per month separation allowance to wife or dependents. No sea experience is necessary—men who



are physically fit and between the ages of eighteen and thirty-eight, even if they have never been at sea, are given the unusual privilege of joining the navy at full seaman's rank at a wage many times in excess of that paid the regular British navy seasman and rated two ranks higher than that allowed ordinary "green" recruits.

The navel seaman upon enlistment receives a full kit of clothes consisting of two cloth caps, one white duck cap and cap covers, three duck working jumpers, two duck uniform jumpers, two serge jumpers without cuffs, one serge jumper with cuffs, two jerseys, two check shirts, two pairs drawers, four pairs duck trousers, three pairs serge trousers, two pairs socks, one pair shoes, one pair boots, three blue jean collars, three flannels, two night shirts, two handkerchiefs, and one silk handkerchiefs, two bed covers, one comforter, hammock, knife, blacking brushes, clothes brush, hair brush, scissors, soap bag, "housewife," comb, tooth brush, cap boxes, prayer book, overalls, lanyards ,etc., the whole being stowed in a brown canvas kitbag—the bedding excepted, which is lashed up in the hammock. Each seaman receives two hammocks. Oilskins, seaboots and watch coats are issued to those men on duties which require them. A stock of ready-made clothing is kept in the naval depots and aboard many ships, and issued to the men when necessary to replace lost or worn-out kit.

GOES TO HALIFAX.

After enlisting at the recruiting offices in Canada the recruit is sent to Halifax, where he is fitted out with an able seaman's kit, and thence forwarded on the first ship to a naval training depot in England. At the training school the R. N. C. V. R. man receives instruction in the rudiments of naval drill and discipline; is taught the distinguishing ranks and flags; how to look after his kit and lash his hammock, and is given at least two months' preliminary instruction in rifle and bayonet drill, foot drill and as much knowledge of seamanship as can be given ashore, and a general idea of signalling, naval gunnery and torpedo work.

When considered competent enough the naval seaman is drafted to a man-of-war and entered on her watch bill. A card is given him, which details him to his mess in one or other of the various departments of forecastle men, foretop men, maintop men or quarterdeck men, and in either the port or starboard watch and the sub-divisions thereof. In his particular watch or sub-division he is given details as to his position in event of collision, torpedo attack, outbreak of fire, going into action, or abandoning ship. Each of these manoeuvres calls for different duties, and at sea he will receive his training in them.

THE DAILY ROUND.

In addition to these special duties, there is the daily round of work, which runs something as follows: At 5.30 each morning the boatswains and ship's corporals call the men. The seamen turn out, have a wash, lash up their hammocks and bedding, and stow them away. Hot cocoa is served out from the galleys, and at 6 o'clock both the port and starboard watches fall in on the upper deck, and the deck sweepers are told off to sweep the upper decks. Hoses are rigged, buckets and brooms served out, and the work of washing down decks begins. Cleaning the guns and scrubbing decks in the fresh morning air soon works up an appetite, and when the work is finished at 7 o'clock, the call for breakfast is sounded. One hour is allowed for breakfast, cleaning up and changing into the "rig of the day," that is, the clothes for the particular work the seaman is assigned. Shortly before 9 the men fall in on deck, the bugler blows "Attention," the marines present arms, and the sailors stand at the salute, while the white ensign is hoisted, and the ship's band, if carried, plays "God Save the King." In summer this ceremony is carried out at 8 a.m.

Ten minutes later "Divisions" is sounded by the bugler, and the entire ship's company muster in their respective groups and divisions and under the particular officers. The names are called off by the various watch officer, and the men are inspected. After divisions, the crew march aft for prayers, which is followed by fifteen minutes' physical drill, then the routine work of the day commences. Parties are told off for painting, overhauling gear and rigging, etc. If the ship is at sea, certain men have their watches at wheel, lookout and signalling—the others, outside of the working parties, are being exercised and instructed in are arts of naval warfare at the guns, torpedo tubes, small arms, and manoeuvres of offence and defence.

At noon, all hands are piped to dinner, and at 1.10 p.m. decks are cleared and work commences again at 1.25 p.m. and continues until 4 p.m., when decks are cleared up ready for the evening muster at 4.15 p.m., after which the men go to tea. There is no work after this except necessary watch duties. Supper is served at 7 p.m., and 10 p.m. every man not on duty is supposed to be in his hammock. Saturday afternoon is generally a half-holiday, and on Sunday nothing but necessary work is done.

Recruiting for the R. N. C. V. R. is being carried on all over Canada.

The Canny Scot.

The place is one of our most expensive and therefore popular restaurants.

"Excuse me, sir, but don't you think it out of the question that you should occupy the principal table in this cafe and order only one bottle of ginger ale?"

McTavish—Who are you that's speakin' to me like that?

"The manager."

McTavish—The verra man I wanted to see. What for's the band no playin'?"—Life.

Corns Cured Quick Applied in 5 Seconds

Sore, blistering feet from corn-pinched toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c bottle of "Putnam's" to-day.

A Famous Welsh Fortress.

Carnarvon castle is the most splendid specimen of mediaeval military architecture surviving in Britain, not excepting Alnwick. Art and beauty were combined with strength by De Elfrean, the architect, who had been commanded to construct a palace within an impregnable fortress. Whether the mean little passage chamber in the Eagle tower was the birthplace of the infant prince whom Edward I. made the medium of such a grim practical joke upon the Welsh seems doubtful, but the main story may still be true. Every famous soldier who helped to make history in this corner of Britain has played some part within or without the walls of Carnarvon castle. It has been starved into surrender, but never captured by force of arms and can, therefore, claim to be considered a "virgin fortress."—Westminster Gazette.

Minard's Liniment Relieves Neuralgia.

Every Wink an Eye Bath.

Every few seconds we wink both our eyelids at once, although not purposely. If we stop winking, our eyes become uncomfortable and gradually cease to work as they should. When the eye is open the front of it is exposed to dirt and dust and is apt to become so dry that a painful stinging sensation results or would do so if constant moisture were not provided to cleanse and soothe the tissues.

As a matter of fact, each time we wink we wash the eye, says the Popular Science Monthly for January. Up above each eye is a tiny water bag called the tear gland, and all the time we are awake it makes tears. When the front of the eye feels itself becoming a little too dry or dusty a communication is sent for a supply of moisture. The eyelid then comes down with a tear inside it to wash clean the front of the eye. This is the most gentle and perfect washing in the world.

PILES CURED at HOME By New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P 8, Windsor, Ont.

MAKING ICEBERGS BY AIR VIBRATION.

"It was at 5 o'clock in the morning that I had my first sight of the Taku glacier. The sun was already two hours or more high, and its rays caught the icebergs which floated about in the inlet and turned them to sapphires. There were hundreds of these blue ice masses, through which our steamer pushed its way to the face of the ice wall. The steamship was the Humboldt, with a crowd of tourists on board. It took us right up to the glacier, so that we were within 600 feet of the ice when we stopped.

At this moment the sun struck it full and the great glacial wall became one mass of silver frosted with diamonds and sparkling with sapphires. Where the ice breaks off the wall looks like a mighty cutting of the whitest ice cream. When the berg falls into the water it rises up in gigantic floating masses of aquamarine.

As we anchored the wind came to us over the glacier. It had been warm coming up the inlet, but here the icy breath of Jack Frost sent a chill to our bones. It was so cold that I could hardly write, and this cold continued during our stay.

The captain of the steamer gave a number of salutes to show the effect of the sound. As the shriek of the whistle made the air vibrate mighty blocks began to drop from the glacier into the sea. As the whistle continued to blow there was crash after crash, and at one time a mass as big as a New York office building broke away and slid down into the ocean. It buried itself in the water, throwing a mighty spray almost to the top of the glacier and causing great bellows to roll out to the steamer. A moment later it rose to the height of a hundred feet above the surface and moved up and down to the surface.—Christian Herald.

Minard's Liniment for sale Everywhere.

THE POOR WOMAN'S LAWYER

During and after the American Civil War a horde of pension lawyers arose who filled the hall of Congress with clamorings for larger and larger pensions to their clients.

In Canada, so far, there has been no such development. The Canadian Patriotic Fund has acted for the woman bereft of her soldier husband, and has set in operation all machinery necessary to secure her the pension a grateful nation is proud to give to her. It has constituted itself the poor woman's lawyer, her pension agent, her guide and friend—and all in the name of Patriotism, without money and without price.

Minard's Liniment Cures Dandruff.

How Rochefort Hurled Ridicule.

Henri Rochefort even more than Hugo was the natural butt of those caricaturists devoted to the destinies of Louis Napoleon. But none of the cartoons directed against him could hit deeper or leave a more lasting sting than his own sallies in the columns of the Lanterne. His favorite method of attack was one which made prosecution impossible or else made the prosecutor ridiculous. In the Lanterne one found apparently innocent squibs which ran something like this: "The emperor sat yesterday for his portrait, which is being painted by M. ——. M. —— has won wide distinction as a painter of animals, and it is expected that the emperor's portrait will prove a great success."—Exchange.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine leaders or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Old, But Wily.

Into the grocery store walked an ancient lady with a slow and halting tread, carrying on her arm a basket containing a large earthenware pot with a lid.

Placing the basket on the counter she made various purchases, which she put carefully in the pot and had her bill made out.

"By the way," she said, "do you mind keeping this pot with the purchases in it until I come back and pay for them, and it will be more convenient for me to leave the things here till later?"

The request was willingly acceded to and, lifting the pot carefully out of the basket, the old dame placed it with an effort in a corner; then, putting her basket on her arm, left the shop.

Hours went by, day ripened into evening, and evening gave way to night, but the old woman did not return.

At last the proprietor thought of examining the earthenware pot to see if by any chance it had the owner's address upon it, and great was his astonishment, not unlinged with dismay, to find that it possessed no bottom!

Nowadays that shopkeeper is very suspicious of pots in baskets.—Pittsburg Chronicle.

TREES ON PASTURE.

Poor Location Results in Loss of Fertility.

Perhaps one of the greatest sources of loss of fertility from pasture soils results from the poor location of shade trees and brush, according to the author of the "Grazing Industry of the Blue Grass Region," a bulletin recently published by the department of agriculture. Trees and brush, he states, should always be set on the higher portions of the field and not along the banks of running streams, as so often is the case. With good grass the animals do not graze more than one-third of the time. The rest of the time is spent lying down or standing in the shade fighting flies. Hence much of the manure that is made does not get back directly on the land that produced the grass. If the manure produced while the animals are not grazing is deposited on the tops of the hills its beneficial effects on the grass may be noted for several rods from the hillsides. It is easy to believe that if one-half to two-thirds of the manure is lost from pasture fields and none is added the crops must gradually deteriorate.

CURE FATIGUE! BUILD UP! GET FAT!

ONCE YOU START USING THE NEW BLOOD-FOOD REMEDY YOU'LL GET WELL QUICKLY.

You're nervous and uneasy.
Appetite is poor.
Sleep is hard to get.
Still worse, you are thin and fagged out.
Work must be done, but where is the strength to come from?
Make your blood nutritious and you'll have lots of strength.
Your only hope is Ferrozone, an instant blood-maker, blood-purifier, blood-enricher. It brings keen appetite, digests food and supplies nutrition for building up the bodily tissues.
Ferrozone makes muscle and nerve-fibre, increases your weight, instils a reserve of energy into the body that defies weariness or exhaustion from any cause.
For men who toil and labor, for the office man, the minister, the teacher—to these will Ferrozone bring a new life of spirit and robust health.
For growing girls, women of all ages—no tonic is more certain. Sold in 50c boxes at all dealers, or direct by mail from The Catarrhozone Co., Kingston, Ont.

Undoing of a Thief.

A Scottish farmer was selling wool one day to a carrier, and after weighing it he went into the house to make out an invoice. When he came back he missed a cheese that had been standing on a shelf beside the outer door. Glancing at the bag of wool he observed that it had suddenly increased in size.

"Man," he said to the carrier, "I hae clean forgot the weight o' that bag. Let's put it on the scales once mair."

The carrier could not well refuse. The bag was, of course, found to be heavier by the weight of the cheese inside. A new invoice was made out, and the crestfall a carrier went away.

The farmer's wife at once missed the cheese, and rushing to the yard told her husband that some thief had stolen it.

"Na, na, Meg," replied the farmer, quietly, "I hae just sold the cheese for two shillin's the pund."—London Tit-Bits.

Minard's Liniment Cures Burns, Etc.

AFTER-CHRISTMAS GRATITUDE.

Or What We Would Really Like to Say.

Dear Friends, I thank you one and all
For thoughtful gifts bestowed,
The sewing bags (of which I have
Already quite a load)
The silk and silk stockings,
Though of course I never would wear red,
The cushion for my living room
That kills the curtains dead?
The many-colored centrepiece
To set the lamp upon
(Too bad it's quite impossible—
The room is all over mine).
The picture in the fancy frame
(A nice thing—no one).
And though I hate it
I must hang it somewhere it will be seen:
But most of all
I thank you for
The Christmas bills I owe
'Twill help to build my character
To get them paid, I know!
—Ellis Parrish.

Transport of Cocoa.

An interesting spectacle in the African gold coast country is the transport of cocoa, the bulk of the inland produce being carried by porters to the railway. Sometimes the roadways as far as the eye can see are one long line of cocoa bags on the heads of hundreds of carriers.

ISSUE NO. 3. 1917

HELP WANTED.

WANTED—GIRLS TO WORK ON knit underwear—seamers and finished stitchers preferred. We also teach learners, any girl with good knowledge of plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

WANTED—A GOOD GENERAL SERvant for small family; highest wages; comfortable home. Address, Mrs. John Eley, 25 Homewood Avenue, Hamilton, Ont.

NEW YEAR'S MESSAGE FROM THE GOVERNOR-GENERAL

Ottawa, Dec. 30.—His Excellency the Governor-General as president of the Canadian Patriotic Fund has issued the following New Year's appeal on behalf of the Fund:

Twice His Royal Highness the Duke of Connaught appealed to the people of Canada in support of the Canadian Patriotic Fund. The prompt and generous response on each occasion proves how truly Canada appreciates the debt which she owes to her sons who are fighting for the Empire. Heavy as the sacrifices have already been, the Dominion is as determined as ever to carry the war to a successful conclusion and, however onerous the burden may be, she is equally determined to help the families of those who are serving in the army and in the navy. The administration of the fund has been most successful and economic and subscribers can be fully assured that their contributions are being expended to the best advantage.

Fifty-five thousand families, comprising one hundred and fifty thousand individuals, are to-day dependent upon the fund and it is estimated that twelve million five hundred thousand dollars will be required to meet the requirements of the next twelve months.

The sum is a large one but when the circumstances are fully realized I am confident that the people of Canada will willingly contribute the amount necessary for the fund to continue its patriotic and beneficent work.

(Signed) Devonshire.

His Plans.

The lady visitor was kindly and well meaning. As she chatted with a burglar who had been sentenced to six months' imprisonment, she thought she detected signs of reform in him.

"And now," she said, "have you any plans for the future on the expiration of your sentence?"

"Oh, yes, ma'am," he said, hopefully. "I've got the plans of two banks and a post office."—Exchange.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache, or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD.

Lallave Islands, Lunenburg Co., N.S.

The Trainman's Joys.

A woman swayed back and forth in the aisle on the front car on train 104.

"There are plenty of seats in the rear cars, madame," said the conductor, politely.

"Let 'em stay there," she snapped back, pettishly. "What I want is more vacant cars in the middle of the train. If you don't provide them so's I can get a seat when I want it I'll complain to the management and to the Interstate Commerce Commission. Seats in the rear car, indeed! I want a seat in the middle car or none at all."

She got what she wanted—standing room.—Rock Island Emp. Magazine.

Re-Christened.

Two brothers of the name of Lawes, creating a disturbance at the Dublin theatre, were called to order by the celebrated Felix McCarthy, who was in the same box. One of them, presenting his card, said: "You shall hear from one of us. Our name is Lawes." "Lawes, is it?" quoth Felix. "Then I'll give you an addition to your name," and, exerting his well-known strength, handed them out of the box, exclaiming, "Now, by the powers, you're both outlaws!"—Rochester Times.

The cook that prepares a good dinner is greater than the man who makes an after-dinner speech.

CANADIANS

WANTED FOR THE ROYAL NAVY

Canadians wanted for the Royal Naval Canadian Volunteer Reserve for immediate overseas service. Only men of good character and good physique accepted.

Pay $1.10 Minimum per day—Free Kit.
$20.00 per Month Separation Allowance.

Experienced men from 38 to 45, and boys from 15 to 18 accepted for service in the CANADIAN NAVAL PATROLS for defence of the Coasts.

Apply to COMMODORE ÆMILIUS JARVIS
Naval Recruiting Officer, Ontario Area
103 Bay Street, TORONTO, or
Dept. of the Naval Service
OTTAWA

Redpath SUGAR

Redpath refining methods produce no second grade sugar. We make and sell one grade only—the highest—so that you will never get anything but the best under the name of Redpath.

"Let Redpath Sweeten it."

2 and 5 lb. Cartons—
10, 20, 50 and 100 lb. Bags.

Canada Sugar Refining Co., Limited, Montreal.