

INDIAN DISCIPLINE.

How They Punished Their Unruly Offspring in Former Days.

My grandmother had twelve children, and one uncle undertook to teach me the art of worship. He used to lead me to the sandbanks of the Missouri River, where he would set fire to a pile of driftwood, and then, taking me by the hand, sing sacred songs to the fire and river. In the meautime he threw into them offerings of tobacco, red feathers and sometimes cak twigs. I never knew the meaning of these offerings, but I always felt that some living thing actuated both the fire and the river.

Another uncle came to visit us periodically, and every time he came my brother or I suffered at his hands. Sometimes he would rush to the spring, carrying me horizontally under his arm and would plunge my head onto the water until I almost suffor cated.

a His common form of discipline was to let me hang by my hands on the cross poles of the wigwam until my arms ached. My body writhed before I dropped. This uncle seemed to like best to command my older brother to the my hands and feet with a Tope. Then he would order me to resist an ordeal that would make us both ery. In the winter he would also sometimes roll us in snow naked.

The punishment of Indian children is usually in the hands of some uncle rather than the parents. Our punishments were inflicted generally because we had disobeyed grandmother, had resisted fasting, had fought some Indian boys or had cried without sufficient cause .- Southern Workmen.

Minard's Liniment Co., Limited.

Gentlemen,-I have used MIN-ARD'S LINIMENT on my vessel and in my family for years ,and for the every day ille and accidents of life I consider it has no equal. I would not start on a voyage without it, if it cost a doilar a bottle.

CAPT. F. R. DESIARDIN, Schr. Storke, St. Andre, Kamouraska.

GOOD SOUPS.

Recipes for Making Both White and Brown.

For a white soup one should use stock made from veal and chicken benes, or it; water a fowl was boiled in with so e vegetable added, but mutton bone stock or mutton made of vegetables only, or second stock (that is a second boiling of the materials used for soup) may serve.

For white soup choose a white enameled pan. All half strained stock and half milk, and if the flavor is liked add a very little mace, and pepper and salt to taste. Now thicken with flour and butter, using about two ounces to a control soup. The soup must be added to this by degrees of: the fire and st' red thoroughly to prevetn lumping. This process must not be hurried. When well mixed set on the heat again to bring to the boil. Now taste add more seasoning if required, and if possible a spoonful or two of cream. Do not boil again after adding the cream. If liked, egg yolk ay be added as well or instead of cream. Ir s beat up the egg thoroughly with a teacupful of the cooled soup and half an ounce of butter. Then add the egg mixtue off the fire to the soup by degree . and stir well, and be sure the soup does no boil when of after the egg is added, or it will curd-As a rule, however, the egg is unnecessary unless the soup is to be the meal, when the additional nourishment may be needed. Cream or egg should 'e added just before serv-

Thick brown coup-For thick brown soup proceed as before, using well flavored dark stock and browned flour and butter, but do not add milk. cream or egg. If the color is not good add . little meat extract, and be sure the soup is well flavored. Some tomato juice or the flavoring of curry paste stirred smooth in some of the stock and then well cooked in the soup, gives you this result.

Curry Soup or a Tomato Soup--When using the c rry it must be thoroughly



Consultation Free DRS. SOPER & WHITE 25 Tereste St., Torento, Out. Please Mention This Paper.

cooked or it will lend a harsh, raw taste to the soup. ... dless to say, this methol of making curry soup is not the correct wa of making mulligatawny soup.

No Laugh From Him.

The eminent actor and the admired playright were in company with another man of mark. And the actor told a story in his best manner—a manner justly celebrated on two sides of the Atlantic, and regarded by himself as effective—to say the least. The playwright laughed heartily, and upon that laugh the actor, with nice professional skill, made his exit. Then the playwright observed that the other man of mark sat silent and glumly regarded the opposite wall.

"That was a good story of Judkins." the playwright said. "May I ask why you chose to confer upon it such a disinheriting countenance?

"A good story," the other replied, explosively. "Of course it's a good story. I told that story to Judkins yesterday myself. And did he laugh? He did not. And to-day the pig-tailed pirate tells it back to me and expects me to laugh. Not much. I'll shoke first."—New York Evening Post.

Minard's Liniment Cures Garget in

HISTORIC PUNS.

When Sober English Chronicles Were Frivolous.

The English are declared to take their

pleasures seriously. Perhaps they do, but on the other hand they often show an admirably gallant gayety in the face of danger, difficulty and discouraging circumstances. An abundant correspondence from the front has recently revealed, says the Youth's Combanion, Tommy Atkins in the field is far from being a serious minded person much of the time; he is often as "larky" as a schoolboy, and his exuberant nonsense is frequently touched with gleams of real wit as well as humor and his exuberant nonsense is frequently touched with gleams of real wit as well as humor.

But it is not british Tommies only who joke in war time. Throughout centuries of English history jokes, from sources military, literary, noble and even royal, have occasionally enlivened momentous events. Puns, the most frivolous and trivals, sometimes the most frivolous and trival, sometimes the most frivolous and trival, sometimes the most frivolous and trival, sometimes the most disdained, of jocular efforts, attach themselves here and there, like impudent burs, to the most serious and careful chronicles. The sober historian who writes fully of the disastrous battle of Culloden, which decided the final fall of the royal house of Stuart, when he relates that the advance of Gens. Cope, Wade and Hawley was delayed by the snow filled glens and icy slopes of wild Scotland, condescends to record in a footnote that the opposing forces drew mirthful encouragement from this punning couple:

Cope could not cope, nor Wade wade through the snow, Nor Hawley haul his cannon to the

When, in 1797, the fleet of Admiral Duncan was about to engage that of the Dutch Admiral de Winter, the British captains came abroad the flagship for instructions. They received them in an address of memorable brevity and point.

"Gentlemen," said Admiral Duncan, "you see a severe winter approaching: I have only to advise you to keep up a good fire."

Their enthusiastic compliance with his Their enthusiastic compliance with his advice resulted in a brilliant victory.

Perhaps the briefest and wittiest of historic English puns was the Latin announcement in a single word of the conquest of Scinde, attributed to the conqueror. Sir Charles Napier:

"Peccavi." (I have sinned.)

Frequent rests do not necessarily mean long rests. If, for example, your work is of a sort to require close application of the eyes at reading, writing, designing, etc.. for many hours a day, an occasional glance into distance for a few moments will

He Knows Just Why He Admires Them

DODD'S KIDNEY PILLS CURED MRS. MERCREDI.

She Had Been III Two Years and Could Find No Cure. That's Why Her Husband Is Enthusiastic Over Dodd's Kidney Pills.

Fort Smith, Alberta, May 31,-(Special.)-Among all the thousands of Canadians who praise Dodd's Kidney Pills for the good they have done, there is no more fervent admirer of the great kidney remedy than Isidore Mercredi, of this place.

"Yes, it always gives me pleasure to say a good word for Dodd's Kidney Pills," Mr. Mercredi says. "My wife was sick for two years. We could not find anything to restore her to dence of eyestrain will in all probabilhealth. Then we found a pamphlet telling of several persons who had been cured by Dodd's Kidney Pills.

"My wife used just two boxes of them and she is perfectly well, to the great surprise of all our neighbors. They can tell you the same thing. I cannot recommend Dodd's Kidney Pills enough."

Dodd's Kidney Pills are the greatest of all remedies for weak, suffering women. They cure the kidneys. The kidneys are the root of nine tenths of women's ills. Moreover, cured kidneys mean pure clear blood all over the body. That means good health every-

CARE OF THE EYES.

Frequent Short Rests Do Much to Aid Them.

The proper care of the eyes is one of the first duties of civilized man. This is a truth which medical special-

ists, with abundant reason,-iterate and reiterate. They know, what many laymen do not as yet fully appreciate, that eyestrain is one of the most potent of all present-day foes of health and efficiency. Its evil influence in this respect results chiefly from the many

and varied demands cow made upon the eye. In the long ago, when our ancestors were clad in skins, dwelt in caves, and hunted the open country in quest of food, the important thing was to have eyes specially adapted to see at

great distances. Nature met this demand. The human eye became essentially an eyn

fitted for far vision. But with the progress of civilization and particularly with the invention of printing and the development of the industrial arts, the demand for far vision lessened. It has been constantly lessening, until to-day the eye is primarily needed for tasks requiring near sight rather than far.

LEET COC Shoes on the Farm



For work and play-in the middle of the day—and when on pleasure bent.

For field, farm and wagon, wear Fleet Foot Shoes. They are far cheaper than leatherlight, easy, comfortable—long wearing. For every-day wear, you will find them immeasurably

tion. Men still inherit from their

The consequence is that eye-strain.

with its resultant evils is an ever-

present danger. Many can avoid it

only by wearing spectacles. All have

to manage their eyes wisely if they

And wise management of the eyes

includes giving them frequent rests, as

well as taking care to use them under

lighting conditions that of themselves

Frequent rests do not necessarily

distance for a few moments will

relieve the strain to steady near

Also, from time to time, close the

eyes entirely. Let the muscles of your

whole body relax. Sit limply in your

chair. Dismiss all thought of the work

Or get up and walk about the room.

Both these procedures will be found

wonderfully restful to your mind. They

have the additional advantage of giv-

If you ride in street car or railway

car to and from your place of work.

make these periods of travel a resting

time for your eyes. Above all, do not

read while travelling. The light is

likely to be none too good, and the

swaying of the car increases the strain

And do not set looking stendily out

of the car windows at the various

objects you pass. If you do this, pain

Better far to sit with your eyes

closed, or shifting their object from

time to time. Remember that you

ought to have them in as good condi-

tion as possible for your work. As-

suredly you ought not to tire them

If you have to work facing a win-

dow, wear an eyeshade. And while you

ought always to work in a good light.

avoid working with the sun glaring on

the work at which you are looking.

This, too, will rapidly tire and strain

Should they be tired and strained,

wash them with a mild solution of

boric acid, and take special pains to

observe the precautions already men-

tioned. If, despite every precaution,

the feeling of strain persists, consult

TAN

F. F. MILEY CO. OF CAMAGA LTD.

BLACK WHITE

before you begin to work.

in the eyes, headache or other evi-

ing your eyes a chance to rest.

look out of the window, poke the fire,

on which you are engaged.

think of nothing in especial.

remote ancesters far-seeing eyes.

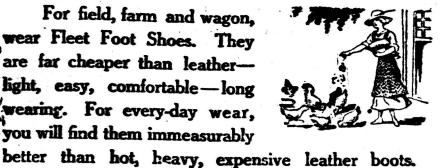
would escape trouble.

lessen strain.

of reading.

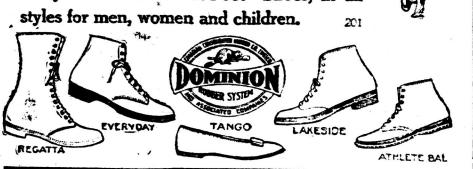
an oculist.

ity be the result.



When you're out for a good time, wear WHITE "Fleet Foot"

Shoes. In fact, you must wear White Shoes this summer, to be well dressed. Dealers everywhere have "Fleet Foot" Shoes, in all styles for men, women and children.



Unfortunately, there has not been ime to make the necessary adapta-

Good to Bear in Mind When Your Kiddies Get Sick.

ness before calling a ductor Don't forget that measles, whooping-

Den't allow a child not feeling well to go to school, kindergarten. Sunday school, the nickel theatre, or visit with playmates. The nature of a contagious

Bribery Scandal.

Nearly every great diamond has a history. These histories are always romantic, embodying numerous adventures, some of which are tragic. In the history of the Hastings trag-edy of England is a charge of bribery against a king, George Iil., which gave the gentle art of caricature an opportunity such as had never come to it before, and showed the power that caricature could wield upon a people. At a levee of the king held on June

unusual size and brilliancy was presented to George III., ostensibly as a gift from the nizam or native ruler of Deccan, India.

the impeachment of Warren Hastings was advancing in parliament, and it was current rumor that this and several lesser diamonds were the purchase price of Hastings' acquittal. Caricatures appeared in the windows of the printshops. One represented Hastings wheeling the king to market in a wheelbarrow and saying: "What a man buys he may sell again." In another the king was exhibited kneeling, with his mouth open, and

JUST A FEW DON'TS.

The spread of scarlet fever and other ontagious diseases in Chicago has caused Health Commissioner Robertson. of that city, to issue a corres of "contagicus disease dont's." They follow: Don't forget that you should keep a child at home and away from other children if the child is sick in any degree.

Don't fail to get a doctor and learn what is the matter with the child.

Don't forget that dipthena anti-toxin, given the first day, saves the child.

Don't wait until the second day of illness before calling a doctor.

disease is hardly ever determined the first day of the attach.

Don't neglect a cold, cough, sare throat or slight tash. It may be the beginning of a contagious cisease.

Minard's Liniment Cures Diphtheria. THE HASTINGS DIAMOND.

It Involved a King of England in a

14, 1786, a very valuable diamond of Deccan, India.

At the period when this magnificant peace offering was given to the king

Hastings throwing diamonds into it.

DUE TO THE BLOOD

NO GIRL OR WOMAN NEED BE CONSTANTLY AILING AND UNHAPPY

AS SOUPLE AS A B C.

Loan Alphabet Issued by the Wax

Savings Committee.

The British War Savings Committee

have issued the following War Loan

A is for asking the nation to lend,

C is for certificates still to be sold

I is for Interest earned if we lend,

for the Navy, our strength and

P is for Paper the Huns tore to

Q is the Question-how much will

S for our Seilors and Seas that they

T for our Trist that the Truth will

is for Victory, now within call,

U is for Unity-all must help all,

W's the War Loan that Briton's must

X the amount they can raise if they

Y is for Ypres, where men fought for

Z for Count Zeppelin, making a fuss.

Minard's Liniment Cures Colds, Etc.

It remained for a Turk, wandering

far from his native land, to find the

largest crystal of beryl (aquamarine)

ever discovered, a long distance inland

depth, transported by canoe to the

coast and finally sold at Bahia, bring-

ing the finder, it is said, \$25,000. Ac-

cording to estimates, this crystal

would furnish fully 2,000,000 carats of

aquamarizes of various sizes.

PERFECT HEALTH

in Brazil. It was dug out at a suallow

Largest Crystal of Beryl.

is for Russia, redoubtable friend.

our cash,

Huns.

strips.

you lend?

prevail.

derful dash,

are his guns.

boys home.

B is for Belgium, whose right we de-

Nature intended every girl and every | STATIST FAVORABLY woman to be happy, attractive, active and healthy. Yet too many of them find their lives saddened by sufferingnearly always because their blood is to blame. All those happy girls and women with coloriess cheeks, dull skins and sunken, lustreless eyes, are in this condition because they have not health. They suffer from depressing cough, scarlet fever and diph heria are weariness and periodical headaches, conveyed every day because this rule is Dark lines form under their eyes, their hot followed. attacked with fainting speals. These are only a few of the miseries of bloodlessness. Nothing can secure girls and women from the inevitable-decline that ly of new, rich, red blood, and nothcreating red, good blood as Dr. Wil- expenditure impossible. St. Jerome. Que., says: "For over a year my health was gradually failing, my blood had seemed a most to have turned to water, my cheeks were pale, my lips bloodless, and the slightest exertion left me breathless. I suffered frequently from severe headaches, my appetite failed, and my friends feared I was going into consumption. I had been doctoring, but did not derive any benefit, and finally I had to give up my work and return home. It was at this stage that a friend brought me a urged me to try them. By the time the box was used I thought they were

helping me, and decided to continue the result of chemical science applied using the pills. I took half a dozen boxes more, when my strength had restored, my color returned, headaches is all that is required. urge every weak and ailing girl to give by laboratory products.

Dr. Williams' Pink Pills a fair trial." ville, Ont.

To Make Violet Water.

Artificial oil of violet, 2 drms... \$.40 Orris powder 1 ounce Deodorized alcohol, enough to make a quart 90 Chlorophyl

The chlorophyl is for coloring the liquid. Unless this is used, the water will have a brownish color. By this formula you will get a quart

than \$4.- Brooklyn Eagle. Minard's Liniment Cures Distemper.

Justifiable Adoption.

of good violet water, such as would

cost, if bought ready for use, not less

The big, flat-footed, hungry negro was up for theft. "I caught him nippin' a fresh-made pumpkin pie from the MacGregor house on Marguerite street," explain-

ed Officer Carey. "Did you?" demanded the judge. "Dat's a rough word, yo Honohsayin' I done stole hit. Now as ter de truf'-dat punkin pie was settin' dar on de winder ledge, abandoned, Jedge. Nobody nowhar nigh hit, Jedge. Hit wuz a case ob 'justifiable adoption,' brought on by de Chrismus specit."-Case and Comment.

ISSUE NO. 22. 1917

HELP WANTED.

WANTED — PROBATIONERS TO train for nurses. Apply, Wellandra Hospital, St. Catharines.

WINTED—CARD ROOM HELP FOR Woolen Mill Cleaners and Tenders for day and night work. For particulars, apply to the Slingsby Mfg. Company, Limited, Brantford, Ont.

WANTED-WOOLLEN MILL HELP.
Napper tender, one accustomed to
Gessner Nappers on White and Grev
Blankets and heavy Cloths. For full
particulars, apply to Slingsby Mfg. Co.,
Ltd., Brantford, Ont. D is for Do it; turn silver to gold, E is the Exchequer which asks for F for the French, with their won-G stands for German, whose gods

Too Much Trouble.

H for the Hate of the Hungriest Pat had seen nearly every clock in the place, but had discarded all of them I is for June and the first dividend, as not being good enough for his purpose. K is for Kitchener, lost 'neath the The weary shopman had exhausted his whole stock except a few cuckeo clocks, L for the Loan that will bring the so he brought these forward as a last rescurce, and vowed he would do his M for Munitions for which we must best to sell one or know the reason

"Do the clocks strike the hours?" ask-ed Fat, noticing their curious shape, and half doubting their capacity to do any-O is for Ocean, by which Britain half doubting their capacity to do anything.

"I'll show you what they do," said the salesman; and he set the hands of one to a few minutes to 12. When the little door flew open and the cuckoo thrust his head out, cuckooing away for dear life, Pat was thunderstruck. But when the bird disappeared he looked glum and pondered in gloomy thought for a moment.

"Well, 'how do you like that?' asked the salesman. "That's a staggerer for you, isn't it?" "Faith and begorra, I should think it is," declared Pat. "It s trouble enough to remember to wind it, without having to think of feeding the bird."

Spanking Coesn't Cure!

Don't think children can be cured of red-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night Address.

Mrs. M. Summers. WINDSOR, Ontario,

Wily Mike.

An Irishman in a town in the South was careless enough to let his priest eatch him emerging from a saloon with a demijohn under his arm. The triest waited for him to come by and "Mike, what is it you have in that

demijohn?" "Whiskey, sir."

"To whom does it belong?" "To me and me brother Pat, sir." "Well. Mike, pour yours out and bea good man

"I can't, Father," said Mike, "mine's on the bottom "-New York Times.

IMPRESSED BY C. P. R.

In discussing the recent Canadian Pacific report, the London Statist, which is one of the most conservative I nancal publications in England, has enough blood, red blood in their veins Pacific Economies, which says that though the volume of traffic was all weariness and periodical headaches, the most difficult years ever experithat could be desire, 1916 was one of heart palpitates violently after the handled with a serious shortage of slightest exertion, and they are often cars, while the cost of material was rising by leafs and bounds; fuel and wages were increasing, and labor was scarce and less efficient. Had not the road been vastly improved in recent follows anaemia except a generous sup- years and the capacity greatly increased, serious congestion must have ocing has ever proved so successful in curred, making proper control over

liams' Pink Pills for Pale People. The Statist alludes further to the Thousands and thousands of girls and great improvement in train and carwemen owe their good health and load statistics and to the increased charming complexion to the use of this economy shown by the conducting medicine. Here is one example of its transportation ratio. It thinks that power to cure. Miss Dorina Bastien, notwithstanding the advancing costs. the net earnings and profits for 1917 will compare favorably with those for 1916, and that there is every likelihood that the growth of the company's activities will prove as wonderful in the future as in the past.

The Food of the Future.

It is not difficult to conceive. Science will have a hand in it. Chemistry is bound to do great food service.

box of Dr. Williams' Pink Pills. and ture will be manufactured by scienti-No doubt that much food in the fufic process. Aready we have food products as

to nutrition. The right arrangement of constitucompletely returned, my appetite was ent elements, carbon, nitrogen, etc.,

had disappeared and I was feeling bet- The tobacco plant, potato plant, tea ter than I had been for years. I would and coffee shrubs, may be supplanted Chemical science, which has contri-

These pills are sold by all medicine buted to so many dishonest and imdealers, or may be had by mail at 50 pure food frauds, ought to provide the cents a box or six boxes for \$2.50 from pure article—the result—of scientific The Dr. Williams' Medicine Co., Breck and renscientious preparation at reasonable price.

> For the Up-standing Man—at the front, in the trenches, on the firing line in any business, the best food to sustain energy and strength is Shredded Wheat Biscuit, the food that supplies in a digestible form the greatest amount of bodybuilding nutriment at lowest cost. A better balanced ration than meat, or eggs, or potatoes. Two or three of these Biscuits with milk make a satisfying, nourishing breakfast that puts you in a top-notch condition for the day's work. Deliciously. wholesome and nourishing for any meal with berries, or other fresh fruits. Made in Canada.

From Vantage French Assau of Chevr

RAIN OF Resulted in Thi Trenches Bei

From I

Paris Cable .--- No spondents on Tues first time the fr French offensive Soissons and Rhein While traversing the along the 25 mile fro pened to arrive a psychological monibefore Chevreux, a east, was attacked b From an observat kilometres (a litt) miles) in the rear overlooking the p

Ville-Aux-Bois, the general command o army, and saw all of a modern attack. As the party appr the automobile parallel to the (where fierce tightin on for the Califor plateau-the rumb bombardment furt apparent. Not a si off the watch unac sound of a bursting way to the observa respondents were t hour-at 4.30 o'c

would be made ag defences. Powerful binge village of Chevreux furnace," as the heavily bombarded wreaths of yellow high explosives of occasional tall bi spouts, sparting heavier suells, w penetrated deep be In the valle at around, whence the there was in sigh horse, not a sole flashes, like fire il cated the gun empla the flash did no

definitely to locate wisp of smoke betr tions, as even the their muzzles were away through pipe di The corresponden ing a short time w his watch, saying. tack should begin the words were har there came the "fir as the army calls it. to smash, pulverize everything within

radius. It was as though been firing at all seconds the volume the bombardment s crescendo. The though swarms and fire-flies had appea madly, and the nois resemble a whole long skeleton-built America to carry g tural steel passing

CHEVREUX

Immediately (he

out by a thick, el

yellow-brown sm

signals float of the

German trencues loons, directing leries to change th shells or intens attack like this it for the from the cate with the re shells pows up and telegraps, wi pall prevents making ac urate sionally a less with certain ac hurled in a chemical reaction sive smol. temporarii, glim; se of the s ment French. overhead, besides vation balloons, a

circing above at shrapnel bursting captive observat. bothered at all, anti-airmail gan army was stationed tecting them. GENERAL WAY The jopular o modern general s a splendid chate follows the batt and a map, was eral commanding stood at the obsapart and alene.

my aircraft was i

gunmers were est

ing to aid their in

the French att

and shells against

of the attack to His intense new tog his men in by his hands, whi unclasped continual A stern hush ment fell also u French coldiers in ing after their du during the ordin