



PEACHES

THE most valuable of all fruits for preserving. Home preserved peaches give at small cost, autumn's most luscious fruit for our winter enjoyment.

Lantic Sugar

"Pure and Uncolored"

is best for peaches and all other preserving. The clear sparkling syrup develops all the exquisite flavor of the fruit. Pure cane, "FINE" granulation. Experienced housekeepers order it by name all through the preserving season.

2 and 5-lb. cartons; 10, 20 and 100-lb. sacks.

PRESERVING LABELS FREE—Send us a red ball trade-mark cut from a bag or carton and we will send you a book of 54 ready gummed printed labels.

ADDRESS

Atlantic Sugar Refineries, Limited
Power Building, Montreal

Fear of Famine
in Austria

New York, Aug. 31.—A cable to the Sun from Rome says:

Reports are reaching the Vatican from diplomatic and ecclesiastical sources in Austria that the food shortage throughout the empire has become so serious that the effects of mal-nutrition among the people are causing the utmost concern.

The intellectual depression among

FREQUENT HEADACHES

People with thin blood are much more subject to headaches than full-blooded persons, and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

You can get Dr. Williams' Pink Pills through 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.

school children due to insufficient food, is rendering it practically useless for them to continue their studies and it is probable the schools will have to be closed soon.

As an instance of the high prices for foodstuffs it is said a sack of flour costs \$40 and a pound of pork \$2. Fat is very scarce and less than a pound in fifteen days is allowed for each person.

Owing to the lack of starch nuns are authorized to wear soft head dresses and hoods.

The remedies so far adopted have proved useless. All food available is reserved for the army, and a general famine seems inevitable.

Christiania, Aug. 31 Three German spies have been convicted at Bergen for supplying information to submarines regarding the sailing time of vessels which later were torpedoed. Captain Laven and Officer Schwartz, German citizens, and Thorsen, a Norwegian, all were given terms in the penitentiary. Laven was sentenced to five years, Schwartz to four and Thorsen to ten years imprisonment. Captain Laven admitted that he worked under instructions from the German authorities. He said that German subjects were forced to obey such orders.

Norwegian newspapers in comment on the trial emphasize that the country must take note of the fact that German subjects must obey orders from their home country.

Golf Tea

Tea was served at the Golf Club House Saturday afternoon by the following ladies: Mrs. H. V. Dalling, Mrs. Wm. Balmain, Mrs. W. M. McCunn, and Miss Dalling. They were assisted in serving by Mrs. Geo. E. Balmain, Misses Mary Balmain, Winifred McCunn and Bessie McLauchlan. The following were among the strangers and visitors present: Mrs. Mormon, Halifax; Miss Shaw, Toronto; Miss Jones of Kings county; Miss H. K. Clarke, of Boston; Supt. and Mrs. Gililand, Wm. Dalling, (who has just returned from the firing line on furlough) Mrs. John McLauchlan, Mrs. W. W. Hay, all of Woodstock, Miss Marion Winslow of the Royal Victoria Hospital Montreal, Miss Gladys Baxter and Rev. Horace E. Dibblee.

FIRST FLAG OF WORLD

Origin of the National Banners—Japan Heads List

The most ancient national flag in the world is either the dragon banner of China or the chrysanthemum flag of Japan. The former has been used from a very early period, and the latter is as old as the present dynasty in Japan, which is the oldest in the world. Amongst European national flags that of Denmark—a white St. George's cross on a red ground—is the most ancient, having been in use since 1219. No other flag has existed without change for anything like the same period as a national emblem, although there are Royal standards that are older. The Spanish national flag dates only from 1786, and the British flag, the Union Jack, was first shown in its present form after the union with Ireland in 1801. The Stars and Stripes, the national emblem of the United States, is older than the British, for it was first planned and ordered by Washington of Betsy Ross, an upholsterer of Philadelphia, and formally adopted on June 14, 1777.

MANITOBA'S WEALTH

Great Natural Mineral Resources in Western Province

Str William Mackenzie, president of the Canadian Northern Railway, said: "The untapped natural resources of Manitoba will stagger the world." When he made this statement he must have had in his mind the very rich mineral resources of the province. Some years ago rumors began to drift into Winnipeg of gold finds being made in Northern Manitoba. Then startling reports of the richness of the finds round Rice Lake district came to hand, and the publicity given to the camp caused a great deal of interest.

As an example of what can be done in the mining industry, the Porcupine district of Ontario might be cited. This camp, unknown before 1903, and in seven years it put out nearly \$12,000,000.

IN BACKWARD CANADA

Quaint Ways and Customs of Islands in St. Lawrence Gulf

A night's sail to the north of Prince Edward Island in the Gulf of St. Lawrence, one happens on the Magdalen Islands. Low-lying and scattered Amherst, Grandstone Entry, Abou, Coffin, Bryon and the Bird Islands—a group of romance-filled islets which if they were better known would have visitors by the hundreds through the summer months. La Grande Demoiselle et La Petite Demoiselle are the two smoothly rounded combinations of mountain and cliff which together with sandbars, miles in length, form the chief landmarks of the approach.

Here in these islands, whose history dates back to the French discovery and possession of Canada, one happens on rare things—women in sunbonnets riding in carts, knitting in hand; berry-pickers, ready with a pleasant smile to have their pictures taken; hay-makers, whole family groups, the women and children all helping with the hay while the good weather lasts; little boys sailing toy boats; that they themselves have modeled and fitted; men and women wearing homespun garments and homemade shoes of seal-skin; basket makers and hookers of gay patterned rug.

READ INSURANCE POLICY

Homeholders Careless About Details That Might Mean Loss

The following, or a similar clause, appears in all policies of fire insurance: "The company is not liable for losses following, that is to say: Where the insurance is upon buildings or their contents for loss caused by the want of good and substantial brick or stone or cement chimneys; or by ashes or embers being deposited, with the knowledge and consent of the assured, in wooden vessels; or by stoves or stove-pipes being, to the knowledge of the assured, in an unsafe condition, or improperly secured."

Notwithstanding this, in one year in Canada, there were 51 fires from defective and overheated stoves and furnaces; 62 from defective and overheated pipes, chimneys, etc., and 1 by live coals and hot ashes. Should the insurance companies take advantage of this clause, many victims of their own carelessness would find themselves without any recompense for their losses.

Disposal of Ashes

During the winter months the disposal of ashes from stoves and furnaces demands attention. Though many fires are caused by the disposition of hot ashes against frame buildings, wooden fences, etc., the practice is still continued. Too much care cannot be given to the disposal of ashes. Either metal containers should be used or the ashes should be placed at a safe distance from anything combustible.

"Calf" Week

The terms "calf week," "cow week," "bull week" are applied in many of the great industrial centres three weeks before the Christmas holiday week. In "calf week" a work time and a third in "cow week" time and two-thirds in "bull week" double time, in order to make up for loss of output caused by Christmas holidays.

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