





Protect it from the destructive effect of a winter's snow and ice-save valuable time next spring for other work. Fall painting pays.

But be sure you choose the right paint-one that will give your buildings the years of protection that you've paid for.



is made according to the formula which scientific tests and many years of experience by practical painters prove to be best to meet Canadian weather conditions.

Formula: 70% Pure White Lead 30% White Zinc 100% Pure Paint

It contains 70% of Brandram's B.B. Genuine White Lead-of standard purity for over 100 years-and 30% of pure white zinc-thus combining, in the proper proportions, pure lead and pure zinc, and making a perfect paint. You take no chances with B-H "English" Paint. Be sure you get it! There are cheaper paints, but none more

will be accepted, and excuses that are too thin to hold water are penalized by a trifling dockage of pay.

Holidays With Pay. The harvest furloughs are another great joke. Harvest furlough is an other name for two weeks summer holidays with pay. City bred soldiers who never saw a reaper and binder in their lives and who don't even want to see one, obtain furloughs with east and dispatch. All the big cities in Ontario within a radius of 150 miles of

Camp Borden are thronged with harvest furloughers, harvesting a good time and giving their stomachs a treat after the bad brub at Camp Borden. Toronto has perhaps two thousand harvest furloughers in her midst. Of course there may be harvest furloughers in the country where harvests are supposed to flourish, but if so, they have taken cover well, or they can't be seen on account of their khaki be ing the same color as the ripening Pinkham's Vegetable Compound?' My fields.

However, one can't blame the harvest furloughers for getting away from the heat at Camp Borden and from the sand flies which conduct daily manoeuvres there, and the mosquitoes who find the electric lights so handy in their tent-to-tent inspection, and the black flies, who come charging in from the swamps-well, Camp Borden has every biting bug known to modern science, and they are all on the job.

Troops Lightly Clad.

Lately the battalion commanders | might be avoided. have invented certain alleviations, and now many companies may be seen drilling almost as nature made them. advice which will prove helpful.

fer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E.

to stay at home

from work and suf-

mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."-Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.

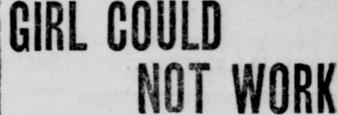
Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs. much suffering

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free

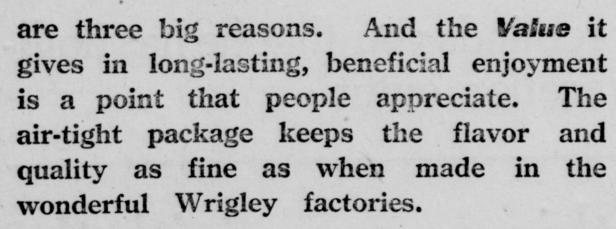
How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.-"I had pains in both

sides and when my periods came I had



Page Three



past week in this place.

Mr. and Mrs. B. H. Bull, Mrs. John

Write for the Sprightly Spearmen's funny Mother Goose book. Address Wm. Wrigley Jr. Co., Ltd., Wrigley Building, Toronto, Ont.

Chew it

after

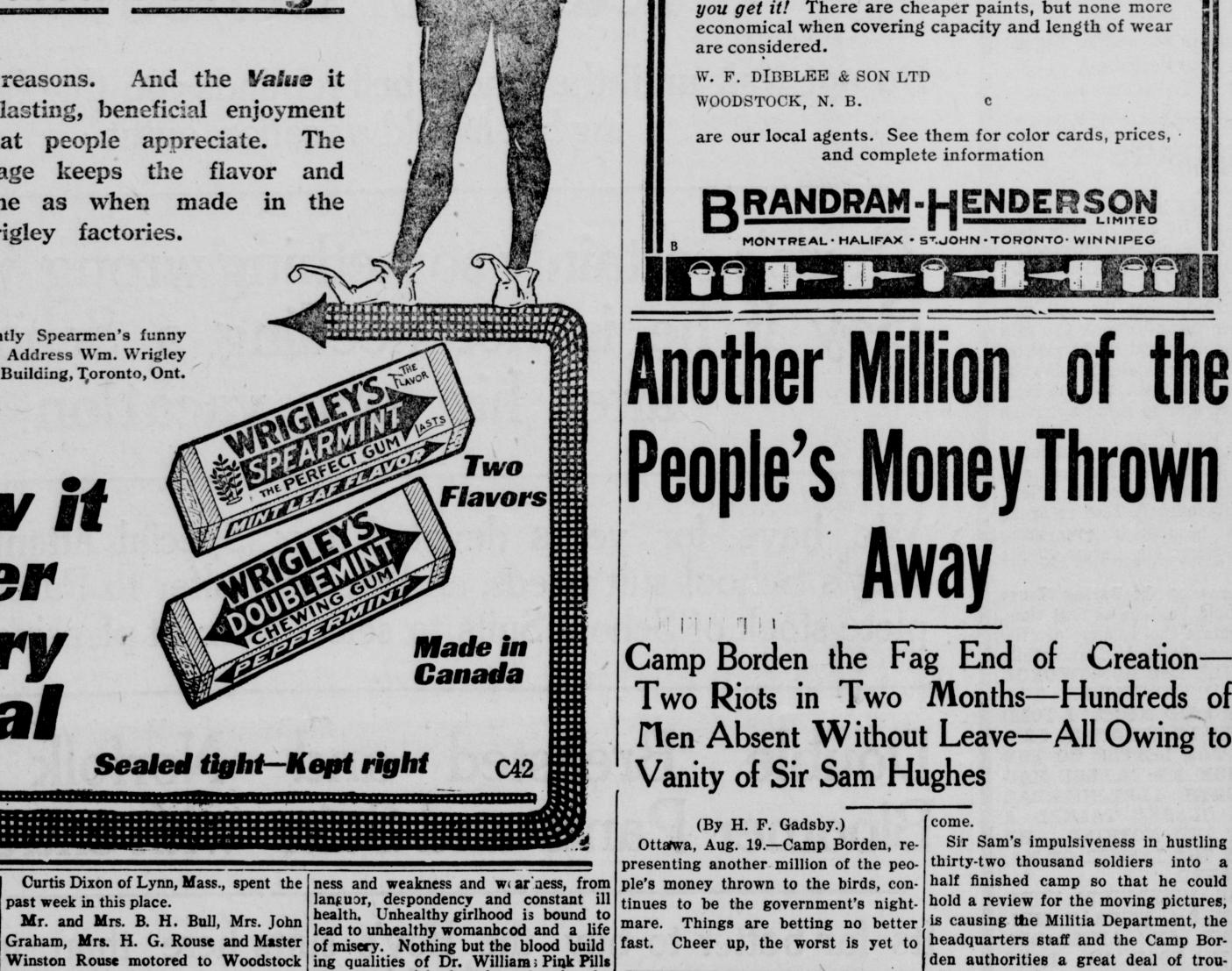
every

meal

RIVER DE CHUTE

(Held over from last week.) Miss Helen Ritchie, Greenfield, is the Sunday. guest of Miss Alice Miller.

the time when nature makes new demands be able to help me at all and my family Mrs. H. G. Rouse and son, Winston, the time when nature makes new demands be able to help me at an and my family upon the blood supply. Dr. Williams Pink Pills actually make new, rich blood to meet these new demands. In this sim-ple, scientific way, Dr. Williams Pink light pills and urged that I try Dr. Wil-bed for some weeks when an aunt came to see me and urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink Pills and Urged that I try Dr. Wil-bed for some Pink P who have been the guests of Mrs. Rouse's PALE, WEAK GIRLS. parents, Mr. and Mrs. C. A. Bull, left on SART Sunday for Presque Isle where they will Grow Into Weak Despondent Women-How to Overcome the Trouble. Healthy Girlhood is the only path to Healthy Girlhood is the only path to **STOTIC** spend a couple of weeks before returning to their home in Lowell, Mass. Gordon Graham and Mr. Geo. Johnson of Perth were Sunday visitors at J. A. Graham's. Wm. Miller, the Misses Alice Miller, Tonight Helen Ritchie and Olla Graham enjoyed LIFE AND LONGEVITY. Healthy Girlhood is the only path to mine was a bad case of anaemis. I lost down girls to give it a fair trail, as I have an auto trip to Nictau last week. Rev. F. Brazier of Grand Falls held ser-vice in St. George's church Sunday morn-ing. While here Mr. Brazier was a guest Simply Prolonging One's Days on Earth Let's End Is Not Real Living. What really constitutes life? Is ! That Corn! from headaches and backaches, from paleat Wm. Miller's. liams Mediclne Co., Brockville, Ont. action, or is it merely existence? in forty-five years. Who is the more useful, the man who Camp Borden is no more acceptable Apply a little Blue-jay plaster. gives his all in energy to service or he to the soldeirs now than it was who conserves his forces and thereby NORTHERN month ago, when the first riot took That brings a wonderful wax prolongs his days? He lives most who FAIR in touch with the corn, and place. First riot? Has there been anaccomplishes most. Activity in useful, productive or constructive effort is the other? Yes. It occurred not long ago protects it. real test of life. Length of years may and was a very nasty affair. The cor-This wax was invented by MAINE content some, but restless, energetic a chemist who has spent 25 respondents were persuaded, or consouls will press forward, regardless of sored, out of saying anything about it years studying corns. time, striving for a goal they may nevand when it did filter through to the er attain, but always striving, and newspaper offices, considerations of these only really live. **I**omorrow public policy held it up there. Presque Isle, Maine Life insurance presidents, being in-However, such is the fact. Two terested in the prolongation of existence of risks, bend their efforts to the riots in two months-that's going some You'll forget teaching of elements of living, the the corn. Blueavoidance of excesses, exposures or New at Half Strength. jay ends all pain. unnecessary risks of any kind and in At present Camp Borden is getting It will prove to this way really serve the world bealong on something less than half cause they increase the productive you that all corn strength. There are not enough men years of man. pains are needthere to go through the big brigade As a result of modern methods man less. You can stop them in an SEPTEMBER 5, 6, 7 & 8, 1916 movements, which was one of the alreally lives longer and better, but this instant-and forever-with a leged objects in shifting the men there is not the all in all of life. To live is Blue-jay. You will always do to be active, to have a part in the crefrom the other smaller camps. There that when you know the facts. ative effort of mankind, regardless of are seventeen hundred men absent whether the span be long or short, so without leave, and a provost marsha Next Day long as it is busy, for "an end is an has been appointed to locate them and end, whether it cometh on the winged round them up. He has about as prac heels of a week or the dull stretch of a Best and Cleanest Fair in Maine. tical a job as might be sweeping up century." The corn will all the leaves that fall in Ontario next disappear for autumn. There are some seven thousgood. And no and men absent with leave and these Rich, but Wretched. soreness follows. seven thousand absent on leave repre-Frederick Albert, the third Krupp, Blue-jay has became the richest man in the German sent another part of the price discip-**Reduced Rates On Railroads** proved that on 70 emperor's dominions. When he died, in, line pays for Sir Sam's folly. million corns. It will prove it 1902, his estate was valued at nearly Leave is an easy thing to get a to you, we promise. After that, \$200,000,000. Perhaps the inability of Camp Borden. The soldiers openly you will never keep a corn. wealth to bestow happiness was never boast that all they have to do is asl more strikingly exemplified than in his BAUER.& BLACK, Chicago and New York Makers of Surgical Dressings, etc. Many soldiers will be found case. He was a dyspeptic, forbidden all who claim to have had three day week-ERNEST T. McGLAUFLIN the delights of the table and to smoke. 15c and 25c at Druggists J.F. GUIOU, end leaves for three weeks running. Of late years a physician never left his The spirit of discontent must be side. A fearful melancholy claimed soothed some way, and the easiest plan him, and his life was overshadowed by



can save a girl when she undertakes the

Camp Borden the Fag End of Creation-Two Riots in Two Months-Hundreds of Men Absent Without Leave-All Owing to Sir Sam's impulsiveness in hustling thirty-two thousand soldiers into a half finished camp so that he could hold a review for the moving pictures, den authorities a great deal of trou-A well defined rumor is afloat that

trials and tasks of womanhood. That

At least they are lightly clad, about / as much as the Soldiers Three had on cap approaches him, "enilst now and when they took Lungtungpen-that is be sent to that fag end of creation." to say, not enough to dust a flute. The rumor persists that Major Gen-This makes Camp Borden a rather oral Lessard may be made commandawkward place for ladies to visit, un- ant at Camp Borden. It sounds almost less they are used to these more than too good to be true. What Camp Bor-Palm Beach effects. If the Camp Bor- den needs, if General Logie is sent den summer costume goes with the overseas, is another strong man, and soldiers to Flanders, it will certainly Major General Lessard is that man. startle he Germans. After all it's One has only to look at his record in only getting back to first principles. South Africa to know that. That Sir Our ancestors, the ancient Britons, Sa mis "down on him" only goes to Cought that way, only slightly staining prove that he is a good general and their bodies with wood to preserve, as not an office Napoleon like some of his Bernard Shaw says, their respectabil- favorites.

Henri Bourassa and his Nationalist These are some of the ways in which accomplices have done much to dishot-as-hades hole like Camp Borden | courage recruiting in Quebec. But upsets military etiquette and under- General Lessard's treatment by Sir mines discipline. Camp Borden also Sam is a practical case of invidious discrimination against a French-Cannurts recruiting. "What!" exclaims the husky lad. adian which does not tend to help enwhen the sergeant with ribbons on his listments either.



