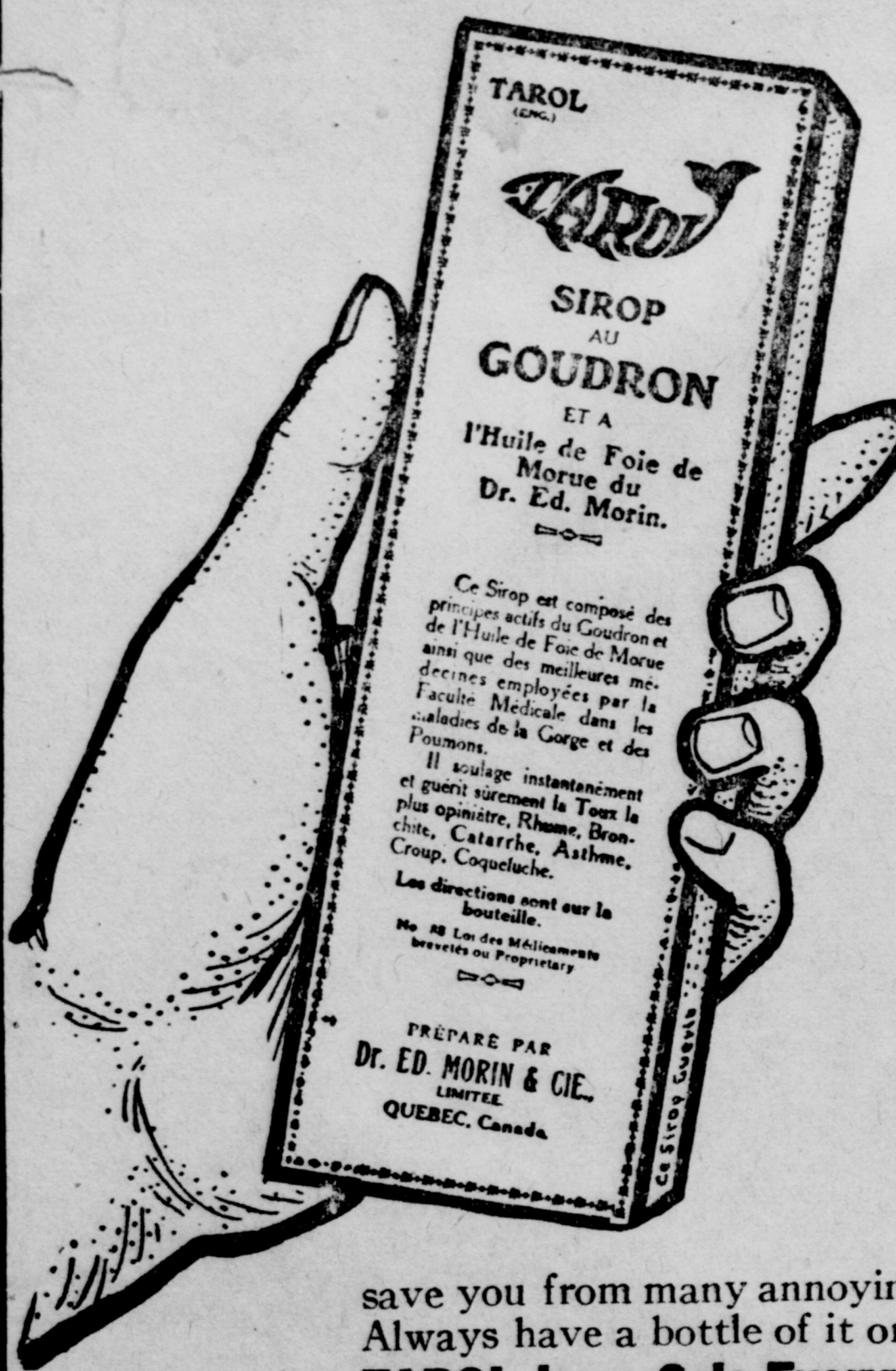


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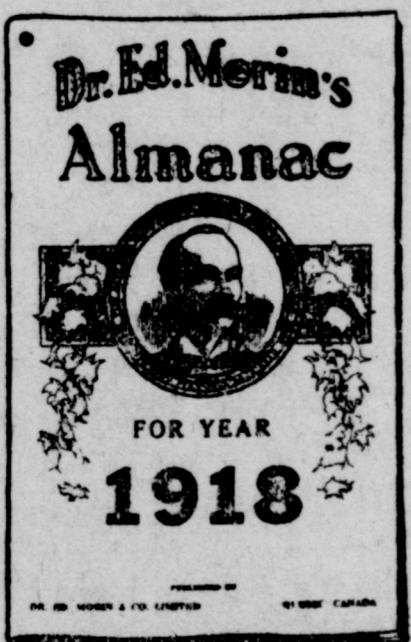
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PLENTY OF FISH.

Crop in Great Lakes Can Be Easily Harvested.

"There is one great food resource which we have that requires no tilling, seeding, or preliminary investment to harvest—that is our fisheries. God put the fish into the seas, rivers, and lakes. They are there yet, and can be easily harvested. With a food of this nature so easily within our reach, it should be the patriotic duty of every citizen of the Province to take advantage of it as more frequently than they have done in the past, remembering that every pound of fish consumed, a pound of meat or its equivalent is conserved, to be sent overseas to help feed our soldiers in the trenches, and the people of the British Isles."

The above plea for an increased consumption of fish was made by the Organization of Resources Committee of Ontario, and in this connection the following report has been issued by the Ontario Government:

The commercial fishing in Lake Erie began a little later this year than last and from the reports received up to date, the catch would appear to be an average one. This affords much satisfaction to the Department in view of the high cost of food, and should be the means of relieving to some extent the distress which prevailed in some parts of the Province. The statistics for this year are not yet available. Last year, however, there was a total of 15th of March to the 31st of May, in the waters of Lake Erie fronting the Province of Ontario, 401,234 lbs. of whitefish, 5,699 lbs. of trout, 141,282 lbs. of pickerel, 11,596 lbs. of sturgeon, 933 lbs. of carpio, 381,551 lbs. of herring, 99,533 lbs. of perch, 1,205,636 lbs. of blue pickerel, 24,708 lbs. of pike, 4,959 lbs. of catfish, 4,823 lbs. of carp, and 342,390 lbs. of coarse fish valued at \$22,651.97. Fishing in the other lakes of the Province is not carried on to any extent until the month of May.

It is well known that a great portion of the fish caught are sold in the American market and frequent protests against this are lodged in the department. The fishermen, however, must be allowed the privilege of disposing of their fish in the market which will bring them the best returns, and fish of the coarser kind, which could find no buyer in Ontario, are quickly sold at good prices in the large cities of the United States. All licensed fishermen are required to furnish for home consumption such fish as are required for local consumption at their contract prices."

He Is an Optimist.

Anyone who knows the Hughes brothers, Sam and Jim, know that they are apostles of efficiency rather than of regard for "red tape." Another feature of Dr. J. L. Hughes' character manifests itself very strongly in his book of verse issued under the title "Life Songs of Gladness and Growth," namely that of most refreshing optimism. Would anyone suspect, for instance, that Dr. Hughes would have a vision of life as is evidenced in the following?—

You think you have failed, and you lie
Disheartened, and fearing to fight;
Why let a few clouds on your sky
Prevent you from seeing the light?
You look for dark omens alone,
Forgetting bright days that have
Around you shined joy, but you moan
And fear to rise up and go on.
The weak ones alone lie and wait
For others to help when they're
down.
And only the foolish blame fate
When fortune continues to frown.
"Tis only the faithless can fail,
And only the hopeless can fear;
Meet life with your face to the gale,
Go down, if you must, with a cheer
Your plans have miscarried, I know;
Have faith! Up and at it again!
The struggle will make your heart
glow.
And win you the trust of true men,
Life's gates are still open to you;
Look upward with brave heart and
climb.
The future is yours. Dare and do,
And make life a triumph sublime.

Proofs of Unity.

Right Hon. Walter Long, Colonial Secretary, recently opened the new extension of the Ontario Military Hospital at Orpington, England, the capacity of which is now doubled, it having accommodation for 2,800 beds. Among those present were Sir George Perley, Canadian Overseas Minister of Militia, and the Agents-General of Ontario, Quebec, and Nova Scotia, also General Sir Richard Turner. In the course of his speech, Mr. Long said that this gift was only one more proof of what had been done in similar directions since the war began. He remarked that the world looked on and wondered at the present spectacle of unity of the Empire. Things would never be the same after the war, he said. All had felt it was almost inevitable that some such great test as war would come to enable the Empire to find itself, so to speak. The test had come and had been surmounted.

A Little Commonwealth.

In Dorsetshire, England, there has been established a "Commonwealth," called the "Little Commonwealth," which has its own coinage and which is used as a reformatory for youngsters from two years of age upward. The experiment has proved a success. The children sent down there from metropolitan police courts to reform earned eight to nine cents an hour, out of which they paid \$2.75 a week for board and lodgings. The republic has been recognized by the home office as a certified reformatory.

Wheat in India.

India has planted 2,590,000 more acres for wheat this year than last, or an increase of 8.6 per cent, from 30,255,000 acres in 1915-16 to 32,845,000 in 1916-17.

Railroad Men Enlist.

Over 16,000 ex-employees of the Midland Railway Company and over 14,000 from the North-Eastern Railway Company are fighting in the British army.

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Biliousness, Sour Stomach, Bad Breath—Candy Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. A 10-cent box from your druggist will keep your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep.

Women as Fortune Builders.

I observe and you will notice that notwithstanding the great incursion of women of late years into one or another department of business they are not of much account as fortune builders. Some of them earn or make a good deal of money, but they seldom get rich by their own exertions, and nearly all the rich women have inherited fortunes from men. Moreover, the women who are most successful as money makers are not, as a rule, the most successful as women. The women seem to be a consecrated sex, too valuable to be employed in mere money getting. Vast numbers of them earn a living, sometimes a good one, and have to, but few of them are rich. It is common for a young man to start out deliberately to accumulate a fortune. It is very uncommon for a young woman to do so. She is much more likely to accumulate a young man.—E. S. Martin in Atlantic.

Patriotism and Religion.

Draw a little circle around your personality and it will include your family; draw a larger circle and it will include your friends; a still larger circle takes in your fellow countrymen; the last and largest circle of all embraces all humanity. As the circle enlarges the objects of our love increase in number and the intensity of our love naturally diminishes. We are not bound to all mankind as strongly or as tenderly as we are to our fellow countrymen. We are not bound to do for all our countrymen as much as we are bound to do for our neighbors next door or on the next street or in the next township. Our highest human obligation is to those of our own household. The supreme duty we owe to One, and One alone, "Thou shalt love the Lord thy God."

Street Illumination.

"Illuminating engineers are now turning all their energies toward a system for the proper distribution of street lighting," writes Walter R. Howells in Good Health. "They have unanimously agreed that the best light is that from a globe that is dense enough not to reveal the form of the actual light within, but to give the effect of light streaming forth from the globe." The reason for this is that street lamps are necessarily against a dark background, and the amount of glare upon the eyes depends to a great degree upon the background against which the light is seen. An electric light, unshaded, against a dark velvet wall covering, for instance, will be found much more trying to the eyes than would the same light with a white wall paper behind it.

The Name of Arizona.

Arizona, probably Arizona in its original form, was the native and probably Pima name of the place—a hill, valley, stream or some other local feature—just south of the modern boundary, in the mountains still so called, on the headwaters of the stream flowing past Saric, where the famous Planchara de Plata mine was discovered in the middle of the eighteenth century, the name being first known to the Spaniards in that connection and being applied to the mining camp or real de minas. The aboriginal meaning of the term is not known. The name should probably be written and pronounced Arizona, as our English sound of a does not occur in Spanish.—H. H. Bancroft, "History of the Pacific States."

Foiled All the Prophets.

"You never can tell what a man will make of himself," remarked the practical woman.
"Perhaps not."
"Take my husband, for instance. He used to be an expert mandolin player and had a fair tenor voice. Despite these handicaps he has risen to be president of one of the largest manufacturing concerns in this part of the country."

Broke the Seal.

In Mark xiv, 3, the woman who brought "the alabaster box of ointment of spikenard" is said to "break the box" before pouring out the ointment. This probably only means "breaking the seal" which kept the essence of the perfume from evaporating.

His Treasure.

The Count (who has had a little tiff with his fiancée, the heiress)—"But, my treasure—The heiress—Your treasure? Your investment, you mean."

PRACTICAL HEALTH HINT.

Sick Headache.
Exhaustion, indigestion and overwrought nerves are causes of sick headaches, from which many women suffer. If it is possible the patient must go to bed, for an hour or so of complete rest will do more toward restoring the normal condition than all the medicines known. Take the hair down, part it in the middle and braid it in two loose braids. This will rest the head. A hot water bag placed over the feet will draw the pain from the head, soothe the nerves and restore the normal temperature of the body. A hot cloth over the forehead or a cold one, if the patient prefers, will relieve the pain. Perfect quiet is an absolute necessity, for this induces sleep, which is the quickest and surest remedy. Rest an hour or so if possible, then upon arising eat a very light meal, consisting of some hot liquid, accompanied by toast or a cracker.

THE DAIRY INDUSTRY.

Interesting Figures Regarding Production of Butter and Cheese.

In a press bulletin issued from Ottawa the census and statistics office reports on the total production of butter and cheese in the creameries and cheese factories of Canada for the year 1916, as compared with 1915, the report being based upon returns collected from the dairying branches of the provincial departments of agriculture. The figures for 1915 represent approximate estimates, as the returns for that year are not quite complete. The total number of creameries and cheese factories operating in 1916 is reported as 3,446, including 993 creameries, 1,813 cheese factories, 624 combined factories (cheese and butter), and 16 condensed milk factories. The total number of patrons contributing to creameries and cheese factories during the year 1916 was 221,192, the delivery of milk amounting to 2,600,542,987 lbs. and of cream to 157,620,636 lbs. The two chief dairying provinces of the Dominion are Ontario and Quebec. Both manufacture cheese and butter; in Ontario more cheese is made than butter; in Quebec more butter is made than cheese. In Ontario the total number of establishments operating in 1916 was 1,165, and the patrons numbered 87,325, whilst in Quebec the establishments numbered 1,984 and the patrons 79,145; so that the average number of patrons per establishment was 75 in Ontario and 40 in Quebec.

The total production of creamery butter in Canada in 1916 is returned as \$2,564,130 lbs. of the value of \$26,966,357, as compared with \$2,324,176 lbs. of the value of \$24,368,636 in 1915. Comparing the relative production of the provinces, the production in 1916 is highest in Quebec with 34,323,275 lbs. of the value of \$11,516,148, as compared with 24,680,109 lbs. of the value of \$8,031,998 in Ontario. These two provinces together produce about 70 per cent. of the total creamery butter of Canada. Of the other provinces the production and value of creamery butter in 1916 were in relative order as follows: Alberta 8,521,784 lbs., value \$2,038,109; Saskatchewan 4,310,649, value \$1,338,194; Nova Scotia 3,679,932 lbs., value \$505,000; British Columbia 1,243,292, value \$497,316; New Brunswick 709,932 lbs., value \$236,194; and Prince Edward Island 613,880 lbs., value \$184,164. The average price per lb. of creamery butter for all Canada works out to 33 cents in 1916, as compared with 30 cents in 1915. By provinces in 1916 the highest price was in British Columbia 42 cents and the lowest in Prince Edward Island 30 cents. In the other provinces the price per lb. for 1916 was as follows: Nova Scotia, 32 cents; New Brunswick, 33 cents; Quebec, 34 cents; Ontario, 33 cents; the prairie provinces 31 cents.

The total production of factory cheese in 1916 was 182,968,597 lbs. of the value of \$35,512,530, as compared with 183,878,898 lbs. of the value of \$27,587,775 in 1915. By provinces the lead in production is taken by Ontario with a total quantity in 1916 of 126,015,870 lbs. of the value of \$23,312,935. Quebec being second with 61,996,750 lbs. of the value of \$11,245,104. These two provinces together account for 98 per cent. of the total production of factory cheese. The production and value of factory cheese in the other provinces in 1916 were as follows: Prince Edward Island, 2,121,736 lbs., value \$409,495; New Brunswick, 1,185,664 lbs., value \$210,692; Manitoba, 880,728 lbs., value \$158,931; Alberta, 745,122 lbs., value \$154,454; Nova Scotia, 94,737 lbs., value \$16,959, and British Columbia 18,000 lbs., value \$3,960. The average price per pound of factory cheese for all Canada works out to 21 cents in 1916 as compared with 17 cents in 1915. In 1916 the average price is highest in British Columbia, 25 cents. In Quebec and Ontario the average price is 18 cents, and in Alberta it is 21 cents.

Captured Machine Gun.

Details have reached Canada of the act for which the Victoria Cross was conferred upon Lieut. Frederick Maurice Watson Harvey, of Strathcona's Horse, Canadians, who is Irish by birth, but now belongs to Medicine Hat, Alta. The official records say he has given the Victoria Cross, the highest decoration for valor in the world, for the following:

"For most conspicuous bravery and devotion to duty. During an attack of his regiment on a village a party of the enemy ran forward to a wired trench just in front of the Canadians and opened rapid fire and machine gun fire at very close range, causing heavy casualties to our leading troops. At this critical moment, when the enemy showed no intention whatever of retreating and the firing was still intense, Lieut. Harvey, who was in command of the leading Canadian troops, ran forward ahead of his men, and dashed at the trench, still fully manned. He jumped the wire, shot the machine gunners, and captured the gun. His most courageous act undoubtedly had a decisive effect on the success of the operation. The investiture took place before the King on July 21.

Fifty Wooden Ships.

Fifty wooden steamers of a uniform size of twenty-five hundred tons will be added to the ocean-going tonnage of Canada within the next twelve months. The first of them will be launched this fall and on the others good progress is reported. The ships are those which are being built for the British Government through the agency of the Imperial Munitions Board. About thirty are in yards on the Pacific coast, and the others at Atlantic or lake ports. From five to nine months is the time required for completion. Simultaneously with ships of this construction the various ship building plants are stocked with orders for their full capacity for the coming year.

FOR SALE—One 1916 Ford Car, thoroughly over hauled and as good as new. One 1917 Ford Car, only run about 600 miles. 1 1/2 Ton Truck—Lew. Two Farm Tractors. These will be sold at Bargains if disposed of this Feb.

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