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 In "Perfect Seal" Quart Jars
 These are the finest preserving jars made; and hold 3 pounds of "Crown Syrup".
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Also "Queen Quality" Silk Gloves



Queen Quality ITALIAN SILK LINGERIE
 Delightfully Dainty
 is the verdict passed upon "Queen Quality" Italian Silk Lingerie by the growing host of fastidious women who now regard it as indispensable. Made entirely in Canada from the finest imported raw silk. "Queen Quality" sets the highest standard by its beautiful design, its perfect make, its superb finish, and its unexcelled wearing qualities.
 "Queen Quality" Italian Silk Lingerie, sold by exclusive shops everywhere. Write us for the name of the one nearest to you.
 ST. CATHARINES SILK MILLS, LIMITED
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The Stranger in Your Cup
 Those stalks you see in your tea cup have no business there at all. They contain absolutely no tea essence; they are like stones in fruit, adding to the weight and price, but you cannot digest them.
TOBIN'S RAKWANA TEA
 is good because it is from carefully selected leaves from which the stalks have been extracted. That is why it is so richly flavored, so healthful and more economical than most teas. It is all tea, the good part of the tea leaf without the bad, wasteful parts.
 The product of the celebrated Rakwana Tea Estate in Ceylon and Behali Tea Estate in India has for many years been controlled by
John Tobin & Co., Halifax, Canada
 Established 1820
 The bare statement that we have been in business nearly one hundred years merely says that we are a very old firm, but there is a great significance in the fact that John Tobin & Co., are today one of the most progressive wholesale firms in America, and carry the most extensive range of staple, heavy and fancy groceries in Canada. The leading manufacturers in England, United States, Canada and elsewhere are always eager to appoint us their distributing agents, and we have exclusive control in Nova Scotia for
 H. J. Heinz 57 Varieties Delicatessen
 France-American Pure Food Company,
 Cairn's Marmalades and Jams. Brands A. I. Sauces, etc.
 Riley's Toffee. Welch's Grape Juice
 and many other lines.
 Our Tea Blending Department is equipped with most modern machinery, and we also import the choicest Java, Mocha, Brazil and Jamaica Coffees which we roast and grind on our premises. Our own wharf at rear of our stores provides accommodations for thousands of puncheons of molasses which we import direct from Barbadoes each year.
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BIGGEST REGIMENT IN WORLD WILL HAVE A BIG WORK OVER THERE

As the largest regiment in the world the 20th Engineers (Forest) will command the attention and respect of Allies and enemy alike. This regiment has already sent a part of its forces to the French war zone. When the entire organization is in service, which will be in the near future, the roster will show approximately 17,000 officers and men, or ten times as many as the ordinary regiment.

In the Twentieth there will be ten battalions of foresters, woodsmen and lumbermen, with a strength of 7,500 enlisted men. In addition there will be nine service battalions composed of 7,250 enlisted men to work as laborers in connection with the activities of the regiment. Colonel W. A. Mitchell, U. S. A., is in command. He is a West Point graduate of first honor and is a native of Georgia.

This regiment is the second to be organized in the United States for service in the forests of France. The 10th Engineers (Forest), went across the ocean during the summer. In the two regiments, according to American Forestry Magazine, Washington, D. C., there will be a total strength of 9,200 American foresters and woodsmen in service in the war zone. The work of these organizations is under the general supervision of Lieutenant Colonel Henry S. Graves, United States Forester, who is designated director of forestry with the American Expeditionary forces. Major William B. Breeley, Assistant United States Forester, is deputy director.

The work of these men will be to utilize the materials of the French forests in supplying timbers for the building of trenches and the many other forms of construction necessary to modern warfare. Complete logging and sawmill equipment is provided for them and the regiments will afford the allied forces a source of supply for their timber needs of every character. In addition the trained foresters will work with an eye to the future of the forests, selecting those trees which may be harvested with the least damage.

Importance of making relief provision for the men and their families is emphasized by R. H. Downman, Lumber Director of the Committee on Raw Materials for the Council of National Defense. Mr. Downman, who is from New Orleans and is president of the National Lumber Manufacturers' Association, is perhaps in closer touch than any other man with the war-time situation as related to the lumber industry.

"The men who compose the Forest Regiments are making a big personal sacrifice in following the flag into the French forests," said Mr. Downman today. "A large majority of these men are above the draft age, but they have answered their country's call. With the unprecedented demand for lumber at home there is work at high wages for all the men who are skilled in any branch of forestry, lumbering and timber operations. Thousands of men who could stay at home at war-time wages have answered. These men will build the things needed to make your boys comfortable.

"Their work is as important as that of the soldier in the trenches and the purpose of the Lumber and Forests Relief Committee to provide comforts for these men and perhaps for their families if necessary. It is important the fund should have the prompt and cordial support of all lumber men and all timber interests. I hope this will take the form of generous contributions sent at once to the headquarters of the American Forestry Association in the Maryland building here.

The fund was organized by men widely known in forestry and lumber fields. The committee is—Charles Lathrop Pack, president, American Forestry Association; Albert P. Pot-

ter and William L. Hall, U. S. Forest Service; W. P. Brown, Berlin Mills Co., Berlin, N. H.; P. S. Ridsdale, editor American Forestry Magazine, and Mr. Downman.

J. W. Toumey, director of Yale University School of Forestry, points to the great importance of forestry works and the lesson of denuded France as a sign post to this country. He views the situation this way:

"The war is bleeding Europe dry of the forest growth of a century. England, whose chief dependence for wood for two centuries has been from beyond the seas, is destined to be stripped as bare as China before the end of hostilities. She now sees her great mistake in the neglect of her absolute forest lands and the great economic advantage in times of war when lumbering ships are swept from the sea, in having adequately reserves of lumber. Many decades must pass after the dawn of peace before Great Britain can re-establish productive stands of timber. She has learned her lesson, and her meager and scattered forests and neglected absolute forest land of the past will, I believe, give way to a glorious renaissance and a development of well-managed forests beyond even the dream of the past.

"The well-managed forests of France in those parts of the country not devastated by the nations of middle Europe are being depleted with startling rapidity. The French, however, with the assistance of American foresters, are feeling the forests with an eye to the future and the securing of reproduction so that when peace comes the reconstruction will bring back the production of the absolute forest lands to their normal capacity. The forest capital of all Europe will, however, be enormously cut into when fighting ceases and the not over-abundant forest resources of the rest of the world will be required to rebuild Europe.

"These lessons of the great war that so clearly show the necessity of forests for the existence of national life should be taken to heart by the people of America. Our slogan should be, 'Make the land productive.' This slogan should ring from every school-house, from every board of trade, from every organization from Maine to California that is striving for the betterment of the nation.

"Not only should America work toward the conservation of her forests in all of her mountain areas, but the patriotism of the farmer should find expression in making the woodlot a far more productive part of the farm than it has been in the past. At this time of national stress and emergency, when every resource of the nation is scrutinized and adjusted to take its place in national defense, the American woodlot should not be overlooked."

FOOTBALL EASY AFTER THE GAME IN FLANDERS

Track Athletics And Field Games Of Veterans Replace College Sports In Many Towns.

In many of the Canadian colleges this year field days for returned convalescent soldiers have commanded the same enthusiasm from the townspeople as the fall sports did before the war among the undergraduates.

Such institutions have been generous in the space they have allotted to the care and retraining of disabled soldiers under the direction of the Military Hospitals Commission, and the gameness of the men who have come back, in the field games and races is indicative of a spirit that Canada may well be proud of.

Fifty Yard Dash.

A fifty yard dash for the "crutches" is a feature of many programmes, and a "top-notcher" in the production of excitement. Swinging along on their double pegs, not a man will take anything but "scratch" at the start, and the finish finds every man accounted for even though he took ten tumbles on the way.

Even football is not beyond these boys on the strength of the Military Hospitals Commission Command. They put up a great game among themselves, but by plays that Walter Camp never saw, nor dreamed of. The quarter backs of the "Varsities" are stumped by the ingenuity shown. Tommy learned to think fast on the fields of Flanders and the tricks of the gridiron are a sinecure for him.

Clever at Stunts.

Balancing a tray in the hospital cafeterias has made him an adept at the business of carrying. He never spills and the only difficulty in an egg and spoon race is deciding the winner; likewise the thread and needle contest. After a man has sewed his own buttons on for a couple of years a single jab with the thread and he negotiates the needle's eye as nicely as the accomplished seamstress.

The fat men's races are always big jokes with the boys many of whom were slim before their hospital experience. Long days of idleness in the hospitals, when injuries kept them in their chairs or in bed and there was nothing to do but eat, caused them to take on flesh which as yet they have not lost in the activity of civil life.

Sees Himself a Sure Winner.

Tommy refuses to be dolourous over his handicaps. A humorous twist to the misfortune for the present, and tomorrow when he gets the way of his artificial leg of arm, and the vocational training experts of the Commission have taught him a new trade he expects to be as good as new. Then chances to one, so the experience of the Commission has been, he will be.

Because the cow gives a large quantity of milk does not necessarily follow that is of poor quality nor if she gives a small quantity that it is of good quality.

The time that it takes to churn depends largely on the temperature of the cream at the beginning. If the cream is quite warm the butter will come very quickly; if it is too cold, the churning may have to be prolonged sometimes for hours before the butter granules will become large enough to free themselves from the buttermilk. Generally a warmer temperature in winter and a cooler in summer will be found best.

Give your soldier this Military Razor
 It was made expressly for him



The AutoStrop Razor
 in its **New Military Kit**
 is the real soldier's razor. Why?

Because it is compact and takes up so little room, because it is light and adds so little weight, because it is complete with its trench mirror all ready to be hung up on the nearest nail—but especially because it is the famous AutoStrop Razor, the only razor that is self-maintaining. It is the only razor that

Sharpens its own blades Automatically
 and keeps them free from rust. This is a big thing because the blades cannot get dull. The 12 blades you get with the AutoStrop Razor will give you more than 500 clean, comfortable shaves. It strops, shaves and is cleaned, all without taking apart.

Kits in two styles:
Black or Khaki Leather
 Weight, 5½ ounces.



AutoStrop Safety Razor Co., Ltd.
 83 Duke St., Toronto, Canada

Link Economy with Production
 "Buy according to food values, save by purchasing economically, and to do this study food values"—National Service Board.



These great fertile lands of Canada are playing and will play an enormous part in winning this world war. With their wonderful production and resources the Allies are dependent on them to a large extent for food supplies. Be careful then and economize while you produce. Buy for your table suitable economical articles full of food value. Eliminate waste and study thrift. Don't overlook the fact that Cocoa has great body-building propensities. It is nourishing and sustaining and within the reach of every purse. For the best results be sure to ask for this great food drink.

Always boil your cocoa. It brings out the true flavor of the Cocoa Beans.

Settlement of Cowan's Cocoa when boiled. 1 to 3 minutes.



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 "Perfection Brand" Purest and Best

Sold also in attractive round 10 cent and half pound containers. Every can is filled with the same high grade Cocoa.
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