

"PLenty Next Door"

Record Harvest Predicted for Canada.

After having made a careful survey of the wheat producing area of the United States, experts whose business it is to keep the people informed on the acreage sown to foodstuffs, state that this year there will be a falling off in the wheat production in the States, due to a considerably less area cultivated. The opinion of these experts is that the decrease will be several hundred million bushels of wheat less than in previous years, which according to past experience will be scarcely sufficient to meet the requirements of the demands of the people of this country.

In Canada, however, the situation is different. Reliable reports on the crop situation throughout Western Canada are such as to create the most substantial optimism. Never before were the prospects so encouraging for a bumper harvest. It is predicted that the yield this year will be even greater than in 1915, the year of the record harvest in Canada, when the total production was 393,542,600 bushels. Not only is the wheat looking excellent, but the same is true of oats, barley and flax, of which a greatly increased acreage has been sown in the great grain producing provinces of Canada.

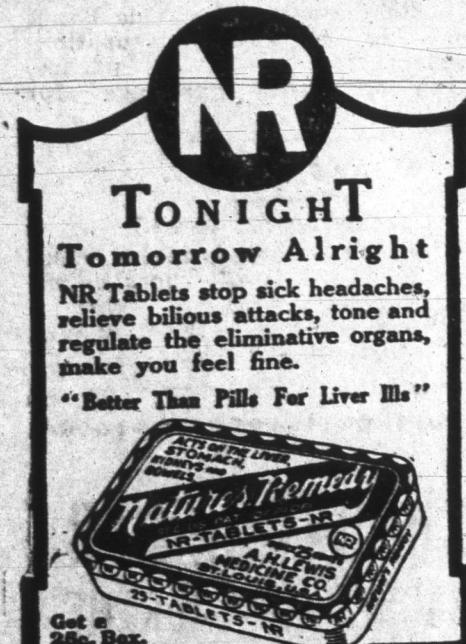
The rains that have fallen recently have come at the right time to stimulate growth and there is now considerable moisture in the ground. With the world generally facing a shortage of wheat and a continued heavy demand for it, the price is likely to be maintained at the present high figure.

In many districts corn has been more extensively planted than in previous years and it is looking remarkably well. Many settlers from the United States who came to Western Canada and bought improved farms in the early spring have every prospect of a crop yield that will give them a return sufficiently large, after paying all current expenses, to pay off a large part of their capital investment.

Livestock is in excellent condition everywhere, the rains having induced a good growth of grass.—Advertisement.

Will Build Homes for Employees.
One of the largest London dry-goods merchants, with a view of doing his bit toward overcoming the housing shortage and also to enable his own employees to secure houses at reasonable rates, and with no desire to make even a penny profit, recently acquired a large tract of land with the intention of building thereon several hundred dwelling houses which could be let at reasonable rates.

The first papermaker was the wasp, which always coats its nest with a thin film of white paper.

Sure Relief**BETTER DEAD**

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

GOLD MEDAL HARLEM OIL

CAPSULES
The national remedy of Holland for over 200 years; it is an enemy of all pains resulting from kidney, liver and uric acid trouble. All druggists, three sizes. Look for the name Gold Medal on every box and except no imitation.

**PEACE WORK of the RED CROSS****CURING UNDER-NOURISHMENT**

WORD comes from Washington that the cities and towns and rural districts of the nation are waking up, looking themselves over, examining the dark places, and deciding, almost all of them, that a vast amount of improvement is possible in both health and looks. And this awakening and stirring about is laid at the door of the American Red Cross. In other words, the Red Cross has offered through its many channels to lend the cause a trained mind, a big heart and a strong generous hand. Reports just made by the national headquarters of the organization show that there are today 1,000 Red Cross chapters engaged in one or more forms of social and community activity included in the peace-time program of the society.

Evidence of the increasing alertness of communities to their needs is found on all sides. They are recognizing protection and conservation of life, recreation, child welfare, community organization, sanitation, education, delinquency, Americanization and innumerable other problems as their very own, their most vital business. In the solution of these, they are being given the aid of the Red Cross "without stint or limit" wherever it will do the most good.

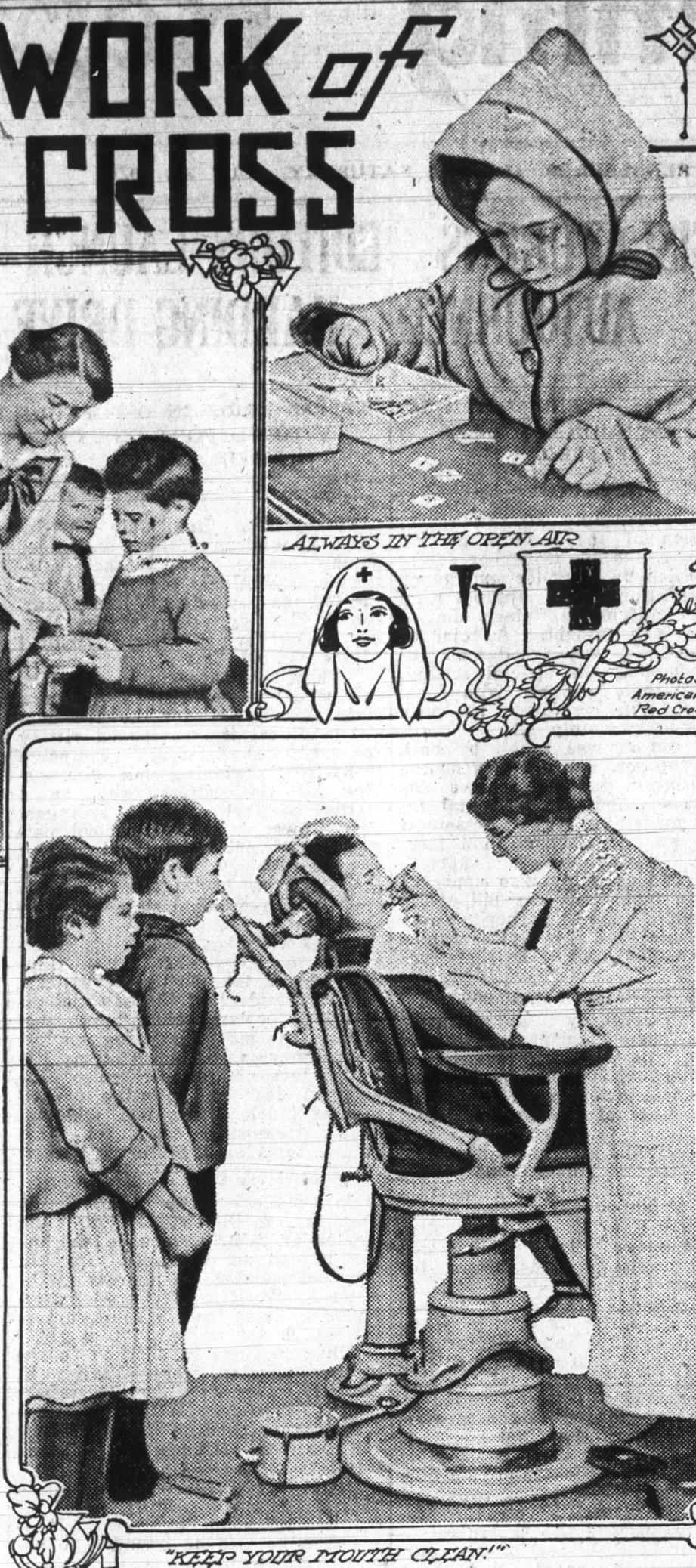
War-time developments gave every community in the United States an organized and recognized center of activity through which the people can serve and improve themselves. Such centers are the Red Cross chapters, scattered throughout the length and breadth of the nation. They are important and controlling factors in the peace plans of the American Red Cross. Each chapter being a local activity, all chapters are aware of existing conditions in their communities and are acquainted with what steps are necessary to improve the general welfare. Upon them rests the duty of offering some specialized service which may be adapted to home-town needs, toward the solution of the perplexing problems which daily confront the home folks. No community and no family is without them.

These peace duties are outgrowths and continuations of the duties which came during the war. They, of course, receive the best attention of the Red Cross. But they in no way interfere with furnishing relief in disasters, carrying on foreign relief and finishing up the war job.

A community may have a very feeble sort of awakening. Does the Red Cross ignore the sign of life? Not at all. The Red Cross regards even a faint interest as too valuable to be neglected and attempts to offer the form of service suited to that community's need. In one locality where 13 of the 22 chapters engaged in peace-time work have jurisdiction over the population of less than 10,000, it is interesting to note how the consciousness of the smaller chapters is growing.

One of them recently requested the privilege of showing its city how garbage can be handled in an economical and cleanly manner. In response to the request, a Red Cross worker visited the chapter, armed with public health pamphlets and with working plans for incinerators and other methods of disposal. A chapter in California, which is active in the field of health and social welfare writes:

"We have decided to furnish milk in the public school for some marked cases of under-nourishment, some of them the result of influenza. During the month, we transported to the hospital 18 cases of influenza, aided in



eight family cases, and provided care for five old people suffering from tuberculosis. We also assisted in improving the welfare of seven old people, took care of a young boy who was without work or funds, and one runaway girl, placed three children under the care of the juvenile court and placed two in a boarding house."

Reports from other localities indicate a warm Red Cross interest in community centers, clinics and other more concrete forms of social betterment. Activities of this kind differ, just as the needs which prompt them differ, each locality presenting curious types of problems.

There is, however, one need which irrespective of locality is found to be prevalent everywhere—the need for health education.

Ignorance is the underlying cause of the continued disaster of preventable disease and death that are undermining the vitality of the American people. Health education is the means by which this ignorance can be removed.

In recognizing this, the Red Cross is establishing health centers where information and education will be offered and where the health workers of the community may be brought to work together. While only a few of the health centers have been put in operation by Red Cross chapters, there being at the present time only about 75 centers in the country, the activity is growing steadily. Within a few years it is expected the Red Cross health center will form as definite a part of the community's institutions as the public school or library. Much depends on the interest of the people themselves.

Then there is the Red Cross Nursing service. Nursing service obviously tends to improve health conditions and promote health interests. The total number of nurses enrolled in Red Cross Nursing service is 37,300; of these 105 are colored women. While during the war thousands of applications were received from nurses, the enrollment has now resumed its pre-war status, the present monthly average being only about 125. This number falls far short of the demand, and in order to increase the supply, the Red Cross is daily bending its efforts in behalf of the recruiting of nurses. Of the 37,300 nurses, 531 are public health nurses serving under Red Cross chapters, and 124 serving in organizations affiliated with the Red Cross and under the supervision.

The Junior Red Cross interprets the Red Cross foreign relief program and its work in this country to school people and youngsters, and is now reaching over half of the school children in America. Fourteen of the 23,000,000 are enrolled in its membership. One hundred and eighty-six thousand teachers are serving as leaders of Junior Red Cross clubs in the 21,900 Junior Red Cross school auxiliaries. While their outstanding service is in answer to the humanitarian appeal of the suffering childhood of devastated foreign countries, their interest in service at home is equally keen. By means of the educational program supplied to thousands of schools by the Junior Red Cross, various educational courses, such as first aid are adapted to the children.

Rats and Bubonic Plague

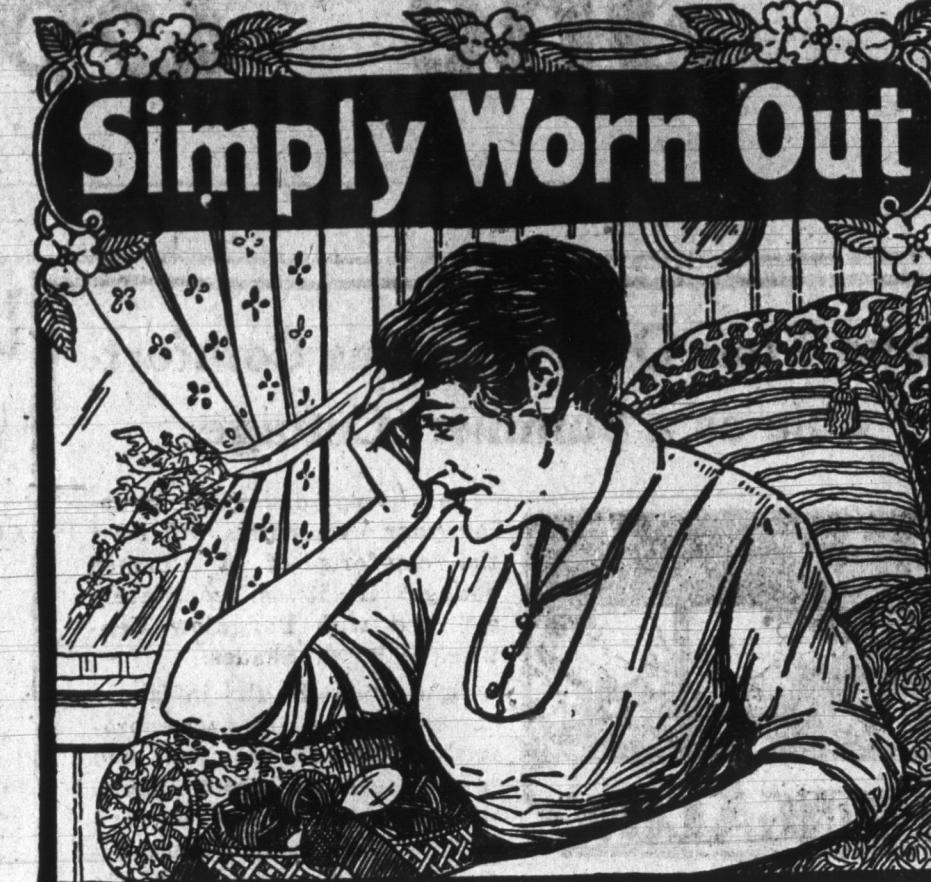
Bubonic plague is more common in the United States than typhus. The plague is primarily a disease of rats, caught by them from fleas, carrying the infection. Many Mediterranean ports are now reported as being infected by rats suffering from plague.

These infected rodents are carried from one country to another on ships, where they get ashore and start new outbreaks. If an infected flea gets

on a human being the disease is transmitted to him. In view of increased activity in trade, the health officials are much worried over the prospects of ships carrying plague-infected rats into our ports.

Oil on Troubled Waters.

Poets and philosophers of all ages have sung of oil and its soothing qualities. "Why?" asked Plutarch, "does pouring oil on the sea make it clear and calm? Is it for that the winds slipping over smooth oil have no force,

**How Many Women Are Like This?**

Can anything be more wearing for women than the ceaseless round of household duties? Oh! the monotony of it all—work and drudge; no time to be sick; tired, ailing, yet cannot stop. There comes a time when something "snaps" and they find themselves "simply worn out," and to make matters worse, have contracted serious feminine disorder which almost always follows the constant overtaxing of a woman's strength.

Then they should remember that there is no remedy like Lydia E. Pinkham's Vegetable Compound—the experience of these two women establishes that fact:

Cedar Rapids, Iowa.—"After the birth of my baby I had organic trouble. My doctor said it was caused by too heavy lifting and I would have to have an operation. I would not consent to an operation and let it go for over a year, having my sister do my work for me. One day I thought of Lydia E. Pinkham's Vegetable Compound and how it had helped me years before and I decided to try it again. I took five bottles of Lydia E. Pinkham's Vegetable Wash and since then I have been a well woman, able to take care of my house and family without any trouble or a day's pain. I am ready and thankful to swear by your medicine any time. I am forty-four years old and have not had a day's illness of any kind for three years."

—Mrs. H. KORNIG, 617 Ellis Blvd., Cedar Rapids, Iowa.

All Worn Out Women Should Take

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

Without Confirmation.

Pete Johnson, carpenter on the farm, was on the meadows of Hoboken looking for game. He walked around a half day and, finding nothing, he started for home, meeting a cow which he shot at and missed. It was his last shot, so Pete was out of luck when he met a bear, which chased him a half mile to a friendly oak tree. Prob'ly he figgered his wife would think he'd shot himself, and be sorry. But, about that time, Hamp Sockey came in at the gate and, anach'ly s'posing Bud was shooting at him, pulled his gun and let drive, and shot Bud through the shoulder. If Bud had had any sense he'd a-recollect'd that a family row is like the feller said of charity—it begins at home, and ort to stay there."—Kansas City Star.

His Lack of Judgment.

"Bud Buckover hain't got no sense worth mentioning," said a citizen of Sandy Mush. "Tuther evening he got into a fuss with his wife, and t'cuz suthin' or nuther didn't suit him, he began to yell and slash around with his revolver. Then he boogled out of the door and fired his gun in the air. Prob'ly he figgered his wife would think he'd shot himself, and be sorry. But, about that time, Hamp Sockey came in at the gate and, anach'ly s'posing Bud was shooting at him, pulled his gun and let drive, and shot Bud through the shoulder. If Bud had had any sense he'd a-recollect'd that a family row is like the feller said of charity—it begins at home, and ort to stay there."—Kansas City Star.

An Elaborate Responsibility.

"Uncle Eph Johnson, aged negro, native of Scott county, Kentucky, has invented a machine that reduces to the minimum the labor of fishermen. 'Tis simple, this invention of Uncle Eph's. It is not patented. On the contrary, its inventor offers it to any and all devotees of the rod and reel. Stick an umbrella rib perpendicularly in the mud on the back, fasten a sleigh bell near the top, and connect the line with this 'invention' and you are ready to fish—and sleep. 'It ain't nothin' more'n a labor saver,' said Uncle Eph. 'You see, every time I get a bite the fish bends the umbrella rib and the bell rings. Den I wakes up an' hauls him in.'—Exchange.

About the time of life when a man begins to get good sense, people say he is an old crank.

Liberal hands make many friends.—Danish proverb.

Speedy execution is the mother of good fortune.

"How did you get the money to pay your advertising bills?"

"By advertising, of course."

A youth always wishes he were older, and a woman always wishes she were younger.

Food For A July Morning

—and every morning when the thought of health enters into the meal time preparation—

Grape-Nuts

This easily digested food needs no sugar, yet it has a most pleasing sweet flavor, and is full of the sound goodness of wheat and malted barley.

"There's a Reason."

