The Joy of a Vacation may be turned to the sorrow that comes from indigestion. The battle with hotel menus is a losing one for the man with a weak stomach. Happy is the man who listens to the call of the wild—who goes fishing, hunting and canoeing—who takes with him **Triscuit,** the Shredded Whole Wheat wafer. Triscuit is made of the whole wheat, steam-cooked, shredded and baked. A tasty Summer snack, supplying the greatest amount of nutriment in smallest bulk. Delicious with butter, soft cheese or marmalades.

Made in Canada

GETTING USED TO IT.

How Some Martyrs to Nervousness Have Cured Themselves.

Very many persons who have all the skill necessary for great success at games, and in some cases professions, are prevented from doing themselves justice by an uncontrollable nervousness which comes over them when their talents are put to an important trial.

Young soldiers at the Front who expose themselves recklessly are often prompted to do so by a desire to battle against their natural fears, just as many persons who are nervous about particular things, animals, or places, often court association with these things as a cure.

A certain large farmer was once very badly injured through a kick from a horse, and for years afterwards could not bear to go near the heels of one. He was found one day by one of the farm-hands standing in the stable right behind the hind-quarters of the biggest and most vicious animal on the farm, white with anxiety, and his face wet with perspiration.

"Get out of this, lad!" said the farmer, on seeing the carter. "I'm stopping here quietly for a bit!"

In about an hour out he came, cured for ever of his nervousness!

A young and clever barrister, now serving in France, is said to have been so nervous when first called upon to address a jury in court that he determined to adopt strenuous methods in order to cure himself of this failing. Dressing himself in his shabbiest clothes, and taking only a small gladstone-bag with him, he set out on a tour, making "tub-thumping" speeches in parks and market-places in country districts, and making it a rule not even to decide on a subject for his speech until he had collected an audience.

Cases of strong men who faint at the sight of a drop of blood are fairly common. An extraordinary case is recorded by a doctor who was called in to attend a man who had a fainting attack as a result of slightly cutting his finger. On inquiring the business of his patient, it transpired that the man was a butcher! Though used to animal bloodshed, he could not bear the sight of human blood, and always worked in strong leather gloves to prevent accidents.

Legislation was once threatened to prevent Toronto holding an Exhibition except in years specified by the Ontario Government. Fortunately, the matter never reached the House.

Tea and Coffee For Children?

These beverages contain drug elements that hinder development of both body and mind, especially in children.

Nowadays, for their children, wise parents choose

POSTUM

This delicious table beverage, made of cereals, has a wonderfully satisfying flavor and is entirely free from caffeine, the drug in both tea and coffee. Postum is a true, pure food-drink that has helped thousands to forget the tea or coffee habit.

"There's a Reason"

Grocers everywhere sell POSTUM

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

PAINTS GERMANY AS STILL HOPEFUL

THE EXPERIENCE OF A BRITISH OBSERVER.

Peace Is Desired, But It Must Be On Terms Dictated by the Teutons.

The London Times publishes the following account of the true condition of Germany "from an unimpeachable source." The article is based on the experience of an observer who recently reached Switzerland, after having lived in Germany and enjoyed special facilities for observation from the beginning of the war. He says:

"The press of German Switzerland, from which my first impressions of the outer world were derived, certainly tells the impartial truth in sufficient degree to save its readers from sharing German illusions. What more can be asked of a neutral press?

"Scarcely less astonishing than the discovery that the position of the Allies is not what Germans fondly believe it to be is the mistaken conception prevalent in some allied countries of the real condition of Germany and of the state of mind of the German people. I propose to describe as simply as possible what that condition and that state of mind really are.

"Unless I am entirely mistaken — and my experience of life in Germany has been continuous—no essential change has taken place among the German masses since the beginning of the war; or, if there has been a change it has not been in the direction of discouragement. The utmost which ordinary Germans can be got to say is that 'it is high time that peace were made,' but they mean, of course, a German peace, one which shall consolidate and correspond to German victories. They not only feel that they are victorious, but they are firmly persuaded that they cannot be beaten.

Conscience Is Easy.

"It must not be supposed that the German people have an uneasy conscience. The Imperial Chancellor's declaration to the Reichstag at the beginning of the war that Germany was 'doing wrong' in invading Belgium was never taken as a confession of guilt. His phrase that 'necessity knows no law' meant and still means to Germans that Germany found herself in a condition of what is called Notwehr—that is to say, of legitimate self-defence.

"'Surrounded by a ring of jealous enemies who had conspired to assail and crush her, they claimed that her only chance was in breaking through the ring by all possible means and of 'vindicating by the sword her right to free existence.'

"Statements by people like Harden that Germany wanted war, and made it deliberately, are regarded as heresy. Harden has been badly received by audiences in provincial towns when he has attempted to propound this view.

"At first it was thought that the war would be short and triumphanant. Confidence in the army and its chiefs was boundless. Illustrated papers represented the spirit of Bismarck as brooding over Paris and pointing to a repetition of the mighty deeds of 1870 and 1871. The Battle of the Marne was taken as a proof that the task might be longer and harder than had at first been supposed, but all talk of a German reverse was checked by the explanation that, on the Marne, the German armies had merely stayed their advance for a time, in order to take up positions carefully selected fifteen years earlier by the foresight of the General Staff.

Fighting for Existence.

"As time went on the conviction grew and deepened that Germany was fighting for her very existence. Though obliged by the necessities of the situation to attack, the view constantly inculcated upon the people was that Germany was and is on the defensive. There are no means of getting this notion out of the public mind.

"Gradually the bitterness of feeling toward England increased. It is now intense. The Germans had been hopeful that, in the event of a European war, England would at least be neutral. Some even dreamed that England might be on their side. They never imagined that she would declare war upon them. The declaration of war was consequently a great blow, though the phrase of the King of Bavaria—'So much the mbetter; the more varia—'So much the better; the more passed from mouth to mouth. At the time I felt, and I still believe, that had the attitude of England been plainer, Germany would have shrunk from making war until she was quite sure that England would stand aloof.

Only Thorough Defeat Will Do.

"Now nothing short of thorough military defeat will convince the German people that they can be beaten. Otherwise there will be no peace except on Germany's own terms. The people are prepared to suffer, much as they may dislike the inconvenience to which the war has put them. This is particularly true of States, like Bavaria, where I spent some time before leaving the country.

"If the Bavarians could be given a smashing blow there might be a rapid end of the war, but they are now as persuaded as they were at the beginning that their Generals and their soldiers cannot be defeated. Even a Prussian defeat would not make much impression in Bavaria unless the Bavarian armies were defeated at the same time.

"The Allies may not have noticed how carefully the Berlin Government plays upon the feelings of the various German 'tribes.' To-day it is the Pomeranians, to-morrow the Brandenburgers, next day the Saxons, and then the Bavarians who are singled out for special praise in the official bulletins. Everything is so organized in every detail by the Government in order to carry out its policy that the public has no opportunity of acquiring views of its own. Popular confidence in official management and in the official accounts of things is still absolute."

CANADIAN STORAGE BATTERY CO., LIMITED

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Agents for

Willard Storage Batteries.

Repairs to all makes of

Batteries, Magnetos, Generators, Etc.

ROLL OF HONOR.

Several thousand officers and employees of the Canadian Pacific Railway Company enlisted for active military duty with the Canadian Expeditionary Forces, and the majority of them are now in Europe, bravely battling for Canada and the Empire.

As particulars of Army Reservists are not available, these lists of those who have given up their lives for their country or been wounded in action are necessarily incomplete, and do not therefore indicate fully the extent to which the Company's officers and employees have participated in the great struggle.

Addison, Herbert, carpenter, Winnipeg, wounded; Anderson, John M., clerk, Calgary, wounded; Arlke, Harry, tariff compiler, Winnipeg, wounded; Atkinson, Arthur, cook, Montreal, wounded; Boushear, Henry, engineer, Fort William, wounded; Burritt, Edgar M., clerk, North Bay, killed in action; Chapman, Edward, machinist, Angus, killed in action; Diver, John W. car repairer, Toronto, killed in action; Ellis, Thomas G. G., record clerk, Montreal, died of wounds; Foster, James B., car repairer, Fort William, wounded; Gilchrist, Thomas R., draftsman, Ogden shops, suffering from shock; Hamilton, Edward, deliveryman, Winnipeg, wounded; Haswell, John, boilermaker's helper, Moose Jaw, wounded; Hilliard, Samuel J., porter, Edmonton, wounded; Hogg, James, clerk, Montreal, killed in action; Hunt, Thomas, fitter's helper, West Toronto, suffering from shock; Kinahan, Ernest, switchman, Brit. Colum. Div., wounded; Kirwan, George I., brakeman, MacLeod, wounded; McCourt, Samuel, laborer, Strathcona, killed in action; MacLaurin, Douglas C., student fireman, Sortin, died of wounds; Maslin, Walter, wood machine hand, West Toronto, wounded (2nd time); Morrison Harvey, asst. agent, Pilot Mound, wounded; Moss, Albert, car inspector, Saskatoon, killed in action; Parkes, Herbert W., clerk, Montreal, wounded; Price, John, loco. fireman, Montreal, wounded; Ross, Lorne, fitter's helper, London, killed in action; Scammell, Edward J., clerk, Bull River, wounded; Sheen, Wilfred J., clerk, Winnipeg, suffering from shock; Sweetman, L. H., ass't agent, Strathcona, died of wounds.

The attendance the first year of the Canadian National Exhibition was 101,000. It ran three weeks. Last year there was a daily average attendance of 72,000 for 12 days, a total of 864,000.

Perverted Proverbs.

Strike while the iron is hot.
The more waist the less speed.
A thrown kiss spreads no germs.
One swallow doesn't make a supper.
It's a long loan that has no returning.
It is more blessed to give than to be given away.

Minard's Liniment Used by Physicians

Used To It.

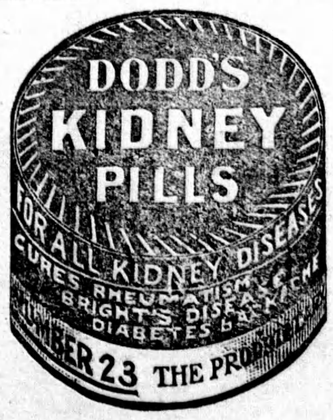
The man had been haled before the magistrate on some trivial charge.

"Let me see," said the judge. "I know you. Are you not the man who was married in a cage ofman-eating lions?"

"Yes, your honor," replied the culprit, "I am the man."

"Exciting, wasn't it?" continued the justice.

"Well," said the man, judicially, "it was then; it wouldn't be now."



GERMAN MUSIC FOR TURKS.

Only a Few Ladies Smoked During the Programme.

More than a column is devoted by the Berliner Tageblatt to a description of German concerts in Constantinople. The leading Liberal journal is strongly of the opinion that the performance of German music, instrumental and vocal, in the Turkish capital has not only "important kultural significance," but is also fraught with a deep political meaning.

For more than a week, we are told, German instrumentalists and singers, male and female, have been delighting the Turks with the works of Beethoven, Bach, Brahms, Schubert, and Schumann, as well as with the liveliest strains of Johann Strauss. Everywhere the audiences were delighted, and applauded vigorously. We hear that the Sultan and Imperial household were frequently regaled, and that in these august circles music is cultivated with a passion and success of which few have any notion. Nearly every member of the Sultan's family is musically gifted. All the princes and princesses play some instrument or other, and several of them have developed such talent as to be almost artists.

The Tageblatt correspondent was quite charmed to notice the respectful behavior of the Turkish audiences. Nearly everybody sat quietly, and it was interesting to note that few ladies, except the very ancient ones, indulged in cigarettes during the performance. A number of very lofty pieces did not meet with the recognition which was expected, but on the whole "the concerts were a marvelous gift of the Germans to their Turkish friends and allies which they will long remember, and which touched their hearts deeply."

The Altered Sign.

He was running a summer hotel, and to keep departing guests from forgetting their belongings he put up a helpful sign.

"Stop—Look! Have you left anything?'

Of course the drummer had to get gay with it, thus:

"Stop—Look! Have you anything left?"

Ask for Minard's and take no other

Everything But.

"If a man has the price he can get anything he wants and the way he wants it."

"Don't know about that. There's the medium soft boiled egg."

Sore Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free ask Druggists or Murine Eye Remedy Co., Chicago

Joffre's Ambition.

When you think of the great commander directing the operations and shaping the fortunes of the armies of France, think also of the best and the truest story that is ever to be told of him. The battle of the Marne had been fought and won. Gen. Joffre was apparently unmoved.

"Do you know, general," said one of his staff, who thought it strange that at such a time a victorious commander should not almost sing and dance: "do you know that you have won what is perhaps the greatest battle in history?"

Joffre looked calmly and reflectively upon him for a few moments, and then he answered: "What I have won, I hope, is a right to rest the sooner in my little house in the eastern Pyrenees."

Why, Thomas.

'Why is it that the telephone operators are all women?" Mrs. Thomas asked her husband.

"Well," answered Mr. Thomas, "the managers of the telephone exchanges are aware that no class of people work so faithfully as those who are in love with their job; and they know that women would love their work at the switchboard."

"What is the work of a telephone operator?" Mrs. Thomas further inquired.

"Talking," answered. Mr. Thomas.

,Perhaps a little exaggeration mixed with your talk would make it more interesting.

Two hundred and twenty-four millions of people are engaged in agriculture in India.

Britain the Enemy.

Our firm opinion is that there is in this war no room for a compromise with England, says the Vossische Zeitung. England is the enemy who has raised up and is still keeping against us a world of enemies. We can expect from England's good-will nothing . . . for our national future. We must for the sake of a reconciliation with England abandon none of the war-aims which we have achieved by conquest and which we deem it necessary to retain in the interests of our country. The only important thing is to weaken England's power and to strengthen our own to an extent that would allow us to impose peace upon England, willy-nilly, and to make her recognize our right to existence, our right to the future, our right to access to the world and to the world's oceans.

KEEP CHILDREN WELL DURING HOT WEATHER.

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if trouble comes suddenly as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Kind of Relief.

"How did you like the show last night?"

"Great, For the first time I've seen my wife shed tears that I'm not responsible for."

I bought a horse with a supposedly incurable ringbone for $30.00. Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on Liniment, $54.

MOISE DEROSCE.
Hotel Keeper, St. Philippe, Que.

Remembered Him.

Uncle George—Come here, Willie! Don't you know who I am?

Willie—You bet I do! You are ma's brother who stayed here two months one time and never offered to pay a cent for board. Oh, yes; I've heard pa speak of you often.

A Chance for the Boys.

The Prize List of the Seventh Annual Toronto Fat Stock Show is now out and contains many new classes with attractive prizes. Among these is the Boys' Steer Feeding Competition, open to the boys entered in the inter-county Baby Beef Competition conducted by the Department of Agriculture. The management are offering a good prize and this class should be a popular one.

Going Back Some.

"Mamma, be more careful when you are speaking of your age."

"Well, now, what did I say?"

"You said you remembered when eggs were sold at 8 cents a dozen."

Keep Minard's Liniment in the house

Both Changed.

An elderly married couple, each of weighty proportions, were about to take an automobile ride. As the husband made no attempt to assist his wife into the car, she turned to him and said: "You are not nearly so gallant as you were when you were a boy."

"And you, my dear," he returned "are not nearly so buoyant as when you were a gal."

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The Best Ever issued: Guns, Rifles, Ammunition, Fishing Tackle, Baseball, Golf, Tennis, Lacrosse, Camping Outfits, all Summer and Winter Sports. We want

Every Man who Hunts, Fishes, or plays any Outdoor Game to get our large free Catalogue. Prices right, satisfaction guaranteed. Immense stock, prompt shipment

You save money by getting Catalogue to-day.

T. W. Boyd & Son, 27 Notre Dame St. West, Montreal

GILLETT'S EATS LYE DIRT CLEANS-DISINFECTS

Almost.

Mrs. Kawler—I understand that the eldest Jones boy went west and got into politics. He became mayor didn't he?

Mrs. Blunderby—I don't think he quite got to be mayor, but I heard he was an ex-mayor.

Minard's Liniment Lumberman's Friend

Stuff.

Mother—Who do you think the baby looks like, its father or me?

Visitor—Its father. Isn't it a pretty child?

The Toronto Board of Trade urged the C.N.E. directors to run the Fair for three months as far back as 1885, but the management thought two weeks quite long enough.

SEED POTATOES

SEED POTATOES, IRISH COBblers, Deleware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR SALE

FOR SALE, Good 100-ACRE FARM, Huron County, Morris Township, must sell. For particulars write F. S. SCOTT, Brussels Ont.

TEAMSTERS WANTED

TEAMSTERS WANTED. STEADY employment to competent men. Apply HENDRIE & COMPANY, Ltd., Hamilton, Ontario.

NEWSPAPERS FOR SALE

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

MECHANICS WANTED

We want a few good mechanics. Have steady work and good wages for lathe hands, fitters, handy men, also a few wood-working machinists and handy men for wood shop wanted. Apply in person only

Dodge Manufacturing Co.
West Toronto.

Become a Registered Nurse and receive pay while learning
The Beth Israel Hospital of New York City Founded 1890
Accredited by the New York State Education Dept. Offers a two-and-one-half years course in training for nurses with allowance and maintenance. Applicants must have one year high school instruction or its educational equivalent. For particulars address Beth Israel Hospital, 65 Jefferson St., New York

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BOOK ON DOG DISEASES And How to Feed
Mailed free to any address by the Author
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For Freezing Ice Cream
you get best results with
CRUSHED ROCK SALT
A more even freeze. Smoother Ice Cream. Takes one-third less salt and keeps Cream hard twice as long. Write
TORONTO SALT WORKS,
60-62 Jarvis St., Toronto, Ont.

1 Boy and 10 Hogs Made $350 at Our 1915 Show.

The same chance for a bright boy at the Seventh Annual Toronto Fat Stock Show, Union Stock Yards, Toronto, December 8th and 9th, 1916.
Premium Lists with many new classes now ready.
C. F. TOPPING, Secretary, Union Stock Yards, Toronto.

A Gold Mine On Your Farm
You can double your profits by storing up good green feed in a
BISSELL SILO
"Summer Feed all Winter Long"

Scientifically built to Keep silage fresh, sweet and good to the last. Built of selected timber treated with wood preservatives that prevent decay. The BISSELL SILO has strong, rigid walls, air-tight doors, hoops of heavy steel. Sold by dealers or address us direct. Get free folder. Write T. E. Bissell Co., Ltd. Dept. U Elora, Ontario.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

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73 Adelaide Street West, Toronto.