Hard to Drop Meat?
All depends on what you eat as a substitute. It is a good time to study "food value." You may be eating the wrong foods, the foods that cost most and give the least nutriment. **Shredded Wheat Biscuit** contains more real, body-building nutriment, pound for pound, than meat, eggs or potatoes and costs much less. Two of these Biscuits with milk and a little fruit make a nourishing meal at a cost of a few cents. Make Shredded Wheat your "meat." A satisfying breakfast on which to start the day's work. It is ready-cooked and ready-to-eat. Made in Canada.

The One-Piece Dress

The one-piece dress is vastly becoming to the small girl. The touch of wool embroidery on the collar, cuffs and belt is most attractive. McCall Pattern No. 8012, Girl's One-Piece Dress. Pattern in 5 sizes; 6 to 14 years. Price, 15 cents.

The simplicity of this dress will appeal to many women. It is to be slipped on over the head. Made in worsted, shepherd's plaid or any other warm material, it makes a splendid dress for winter wear. McCall Pattern No. 7884, Misses' One-Piece Dress. In 4 sizes; 14 to 20 years. Price, 20 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Save
In the Use Of Wheat
By eating
Grape-Nuts
All the food value of the grain is used in making this delicious food; and its blend of malted barley not only adds to its nourishing qualities but produces a flavor of unusual richness.
All Food-- No Waste!
Canadian Postum Cereal Co., Ltd., Windsor, Ont.

BOCHE A PSYCHOLOGIST.

Changes His Tactics to Suit Racial Tendencies of Opponents.

The Boche is a psychologist. Not a very good one—but in his fighting on the western front he makes good use of a certain insight into the different racial characteristics of the English and the French. A British military expert points out the difference in the ways the Germans meet the offensives of the two countries in the following way.

"When the British hammer a certain sector into pulp and then launch an attack," he said, "the German generals withdraw all but a few machine gunners from the first line trenches, leaving these to hold out as long as possible and face certain death or capture. They know that the British are going to get to their objective.

"The main body of the men are rushed back to reserve trenches in the rear, where they prepare for a counter-attack. They feel fairly certain that the British will reach their objective, consolidate it and stay there.

"On the other hand, against the French, they adopt just the opposite tactics. They crowd just as many men as possible into the front lines. Machine gunners, bombers and riflemen are packed in like sardines.

"They adopt this course because they appreciate the Latin temperament of the average Frenchman. They know that if they can administer a severe check early in the fighting the French will fall back, while if the tricolor once gets through it's quite likely to sweep on to a tremendous victory."

NERVOUS AILMENTS

Few people realize that nervous ailments often arise from digestive troubles. The stomach fails, for some reason, to digest food properly. Then the system languishes and the nerves become exhausted in striving to continue their work. Impure blood also causes nerve troubles, but frequently it is in the stomach where the mischief starts. As the nourishment is carried to the nerves by the blood, it will be seen what an important connection exists between the stomach, the nerves and the blood, and how such troubles as nervous headaches, nervous dyspepsia and insomnia may begin.

In such cases relief is easily obtainable by means of Dr. Williams' Pink Pills. These pills replenish the blood with the food elements on which the nerves thrive; at the same time they exercise a tonic influence on the digestive organs, enabling the system to derive nourishment from the food taken. By this perfectly natural process nervous ills are steadily dispelled by Dr. Williams' Pink Pills. If you are suffering from nerves, or require a blood-making tonic, give these pills a fair trial, and see how speedily the best of health will be yours.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

CANADA'S FIRE LOSSES.

More Than Four Million Dollars Damage From Trifling Causes.

A man dropped a lighted match on the shore of Kalamalka Lake, British Columbia, on July 8th last. Within an hour a hot fire was racing through the underbrush. For three weeks after that there raged a series of forest fires, defying the organized efforts of hundreds of men.

At one time, 26 fire fighters were ringed about with flames while their relatives, shut off from them and helpless to aid, awaited news in terrorized suspense. Only after severe suffering from exhaustion, thirst and hunger did the band of workers force their way through to safety.

That experience is a big price to pay for one person's foolish act in handling matches in a forest. The court fined the careless man $50 but that does not help the province to bear the enormous loss.

One lighted match dropped on one inch of inflammable ground expanded into fifteen miles of ruin.

In the Spruce Valley fire of British Columbia of the same month, eleven men lost their lives, most of them tortured to death as they struggled over the mountain tops. The fuse to that disaster was supplied by a small piece of lighted tobacco carelessly thrown on the grassy floor of a tent.

Four out of five tragic holocausts could be avoided if every Canadian camper and fisherman kept vigilant watch on his own pair of hands, and every settler kept a tight rein on his clearing fires. It does not cost five cents or five minutes to put out a camp fire or a cigarette or a match, but it costs the people of Canada four or five million dollars a year to partially overtake the timber damage caused by runaway flames.

"When you have read you carry away with you a memory of the man himself; it is as though you had touched a loyal hand, looked into brave eyes and made a noble friend." —Stevenson.

CHINA, PRINTING PIONEER.

Movable Type Devised by Oriental Blacksmith in Eleventh Century.

Those who believe printing to have been invented in Europe during the fifteenth century may have been surprised to read of Cambridge University having acquired "the works of the Chinese philosopher, Liu Tsung Yuan, printed in 1167."

China has been credited with anticipating not a few modern inventions, but her claim to have discovered the art of printing centuries before its adoption in Europe is beyond dispute.

An edition of most of the Chinese classics was printed by means of wood blocks in A.D. 922, and movable type is said to have been devised by a blacksmith, Pi Shing, in the eleventh century.

SATISFIED MOTHERS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. The satisfaction she derives from their use is wonderful. They are easy to give the baby; their action is prompt and thorough and above all they are absolutely harmless. Concerning them Mrs. Jean Dechaine, Lacordaire, Sask., writes: —"I am well satisfied with Baby's Own Tablets. I had no trouble in giving them to my baby and they have promptly cured her of constipation." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

LUSITANIA WAS DOOMED

Bombs in Hold Would Have Destroyed Her Before Journey's End.

The German submarine captain who torpedoed the Lusitania sunk a ship already doomed, according to a statement made on October 11th at police headquarters in New York by Martin Ilsen, a German lawyer, editor of a department in the New York Herald. Ilsen has been in the United States twenty years and is still a German subject. He admitted he was connected with three men arrested and charged with conspiracy to plant bombs on ships bound from New York to allied ports in 1915 and early in 1916.

Ilsen's story indicates that the Lusitania when she left New York carried in her hold nine T.N.T. bombs, timed to go off when the big liner was nearing the coast of Ireland. Conspirators evidently figured that the Lusitania would travel faster than she did, for the bombs had not worked when she was torpedoed off Kinsale Head, on the south coast of Ireland.

Dr. Karl Schimmel, who had a law office in New York in 1915 and 1916, and is now believed to be in Germany, was in charge of placing bombs on steamships according to information in the hands of Captain Tunney, head of the New York police department bomb squad.

Ilsen told Captain Tunney that he was in Schimmel's office when news came in that the Lusitania had been sunk by a torpedo. Schimmel, according to Ilsen, wept, tore his hair, and stamped up and down the room.

"The fool!" shouted Schimmel. "He has ruined my work. I had nine 'cigars' planted on the Lusitania and they would have destroyed her before she had reached Liverpool."

A T.N.T. bomb was called by the conspirators a "cigar."

MURINE FOR YOUR EYES **Granulated Eyelids,** Sore Eyes, Eyes Inflamed by *Sun, Dust* and *Wind* quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort
Murine Eye Remedy At Your Druggist's or by mail, 50c per bot. 1c. **Murine Eye Salve,** in Tubes 25c. For *Book of the Eye* — Free. Ask **Murine Eye Remedy Co., Chicago.**

If cereals, rice or similar foods stick to the vessel in which they are cooked they have an adhesiveness that a postage stamp might envy; but put a cupful of wood ashes in the pot, fill it with water and leave it to soak, and presto, it is easy to clean.

Minard's Liniment Co., Limited.
Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal.
I would not start on a voyage without it if it cost a dollar a bottle.
CAPT. F. R. DESJARDIN,
Schr. "Storke," St. Andre, Kamouraska.

Flapping Shades.

Often it is necessary to lower the shades when the windows are open, which causes a constant flapping. I remedied this in a simple, inexpensive, yet effective way. I got some small screw eyes and fastened one on each end of the lower shade stick, one on the top and one on the bottom on each side of the window casing. Then I fastened thin cord to the bottom eyelet, ran it through the shade eyelet and fastened it to the top screw eye. If this is done on each side of the shade the window can be left wide open and the shade will stay where you want it. This does not interfere with the raising and lowering of the shade, and if the cord is purchased the same color as the woodwork it will be unnoticeable.

Minard's Liniment Cures Distemper.

FREE TO GIRLS

We will give this beautiful prize free of all charge to any girl or young lady who will sell 40 packages of our lovely embossed Xmas postcards at 10 cents a package.
The Extension Bracelet is of rolled gold plate and fits any arm.
Send us your name and we will send you the cards. When sold send us the money and we will send you the Bracelet. Address:
HOMER-WARREN CO.
DEPT. 86 TORONTO, CAN.

CANADIAN "LINGUISTS."

Boys Eager To Learn More of the Language of Their Allies.

Young Jack Canuck returned from the front is proud of his assorted vocabulary. He talks a bit of Russian, Turco, Arabic, Greek and German, to say nothing of French and Cockney slang. In the wards of the Military Convalescent Hospitals he trots them all out and shows the greatest eagerness to learn more of any of them.

Many of the boys who are in the eastern convalescent homes of the Commission are taking French lessons. They practise in conversation with their French comrades and are making great strides, just as many of the French who never spoke English before are mastering their language."

LEMON JUICE IS FRECKLE REMOVER

Girls! Make this cheap beauty lotion to clear and whiten your skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

She Loved Ferment.

A little schoolgirl was told by her teacher to write the word "ferment" on her slate together with the definition and a sentence in which the word was used. The following is the result: "F-e-r-m-e-n-t; a verb signifying to work. I love to do all kinds of fancy ferment."

Minard's Liniment Cures Diphtheria.

A Large Edition.

"May I print a kiss on your lips?" I asked;
She nodded her sweet permission.
So we went to press, and I rather guess
We printed a large edition.

MONEY ORDERS

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

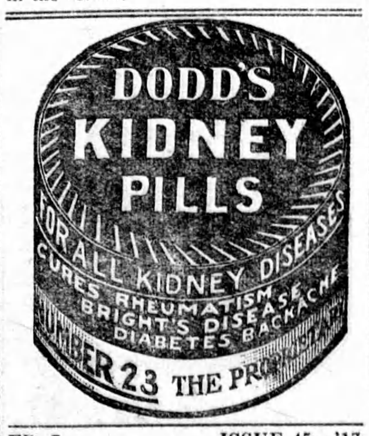
One Chinese province annually exports more than 150,000 tons of peanuts, all because an American missionary several years ago gave a native convert a quart of California seed.

From indications, the Stock Show to be held at the Union Stock Yards of Toronto, December 7th and 8th next, will be bigger than ever. The 1916 show had 376 entries, comprising in all 2,309 show animals, which sold for the Christmas trade, some of which brought record prices. Premium list has been enlarged and each class carries a handsome prize. For further particulars write C. F. Topping, care of Union Stock Yards of Toronto.

Potatoes showing signs of dry rot, caused by blight, should be well dried before storing, and all affected tubers put away by themselves until fed to the live stock or otherwise disposed of. This disease will spread in the bin.

Minard's Liniment Cures Colds, &c.

An effect of the labor shortage is seen this year in the reduced number of turkeys and geese at the Fall exhibitions. Women of the farms have been driven to devoting much of their time formerly spent on poultry raising to helping the men folk in the fields.



To the Nurses of the Empire.

We did not need to ask you,
You came with loyal heart,
And, faithful to your calling,
With zeal, to do your part,
You knew the cause was righteous,
You heard the great appeal,
And willingly you offered
To soothe, to cheer, to heal.

We do not need to tell you
How great your trials be;
We bless you for your goodness,
And pray for victory;
Whate'er may yet befal us,
In conquest or defeat;
A nation kneels to thank you,
A suppliant—at your feet.

We do not need to thank you,
Mere words would not suffice;
Ten thousand lives restored—
This is your sacrifice;
Ten thousand, aye, ten thousand,
Lift up their hearts to-day
To thank you, bless you, love you,
This is your victory.
—John Light, London, Eng.

Kitchen windows should always be lowered from the top to allow heated and impure air to escape, and raised from the bottom to allow fresh air to come in.

Minard's Liniment Cures Garget in Cows

Educate the mother and save the child.

WOMEN! IT IS MAGIC!
LIFT OUT ANY CORN
Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.

A Dyspepsia Cure
M.D. advises: "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Seigel's Curative Syrup in the drug trade." Get the genuine. 50c. and $1.00 Bottles.

Bruises and Sprains
Have Sloan's Liniment handy for bruises and sprains and all pains and aches. Quick relief follows its prompt application. No need to rub. It quickly penetrates to the trouble and drives out the pain. Cleaner than mussy plasters or ointments. Sloan's Liniment does not stain the skin nor clog the pores. For rheumatic aches, neuralgia, stiff muscles, lame back, lumbago, gout, strains, and sprains, it gives quick relief.
Generous sized bottles at all druggists, 25c., 50c., $1.00.
Sloan's Liniment KILLS PAIN

The Minneapolis and St. Paul railway is planting trees by machinery to replace snow fences.

MISCELLANEOUS

BEAGLE HOUND PUPS. THREE months old, of the world's best breeding, fifteen and twenty dollars each. Thos. Gilbert, Box 664, Walkerville, Ont.

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.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

Clear Your Complexion While You Sleep
On retiring gently smear the face with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and *hot* water, using plenty of Soap and continue bathing a few minutes with Soap. Rinse with tepid water. The cleansing, soothing influence of this treatment on the pores extends through the night. It may be repeated on rising.
Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U.S.A." Sold throughout the world.

NOTICE TO SICK WOMEN

Positive Proof That Lydia E. Pinkham's Vegetable Compound Relieves Suffering.

Bridgeton, N.J.—"I cannot speak too highly of Lydia E. Pinkham's Vegetable Compound for inflammation and other weaknesses. I was very irregular and would have terrible pains so that I could hardly take a step. Sometimes I would be so miserable that I could not sweep a room. I doctored part of the time but felt no change. I later took Lydia E. Pinkham's Vegetable Compound and soon felt a change for the better. I took it until I was in good healthy condition. I recommend the Pinkham remedies to all women as I have used them with such good results."—Mrs. MILFORD T. CUMMINGS, 322 Harmony St., Penn's Grove, N. J.

Such testimony should be accepted by all women as convincing evidence of the excellence of Lydia E. Pinkham's Vegetable Compound as a remedy for the distressing ills of women such as displacements, inflammation, ulceration, backache, painful periods, nervousness and kindred ailments.

Machinery For Sale

1 WHEELOCK ENGINE, 18x42.
New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept $1,200 cash for immediate sale.

1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C.
Will accept $425 cash for immediate sale.

1 LARGE LEATHER BELT. Double, Endless. 24 inch x 70 ft.
Will accept $300 for immediate sale, although belt is in excellent condition and new one would cost about $600.

PULLEYS. Large size.
26x66—$30; 12x60—$20; 12½x48—$12; 12x36—$8.

2 BLOWERS OR FANS, Buffalo make.
One 10 inch, other 14 inch discharge—$30 each.

REAL ESTATES CORPORATION, LTD.
60 Front St. West, Toronto