"One Meatless Meal a Day" is a good food slogan for war time, or any time—better make it two meatless meals a day—it would mean health and strength for the nation. But be sure and get the right substitute for meat in a digestible form. **Shredded Wheat Biscuit** is the ideal substitute for meat. It is 100 per cent. whole wheat prepared in a digestible form. Two or three of these little loaves of baked whole wheat make a nourishing, satisfying meal at a cost of only a few cents. Delicious with milk or cream or fruits of any kind.

Made in Canada.

Models for Winter Dresses

Braid bound and trimmed is this ultra-simple frock, suitable for misses or small women. McCall Pattern No. 7886, Misses' Simplicity Dress. In 4 sizes, 14 to 20 years. Price, 15 cents.

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

Mascots on Warships.

No warship is without its mascots, the sailors' pets. Sometimes they are goats or monkeys, but more often they are dogs and cats. It is a well-known fact that cats and dogs, when they come to know each other, make the best of friends. Enmities between human beings and between nations usually arise from lack of acquaintance and therefore of mutual understanding. It is much the same way with dogs and cats.

Gather eggs twice a day, keep in cool place free of foul odor, and market not less frequently than once a week.

Plowing an acre of land in four minutes seems like a dream, but it has been done with three tractors hitched to 54 plows.

Instant Postum

fits the spirit of the times perfectly. It is

Healthful

Economical (without loss of pleasure)

Convenient (ready for instant use)

and is a pleasing, wholesome, drug-free drink good for both young and old.

"There's a Reason"

Canadian Postum Cereal Co., Ltd. Windsor, Ontario

QUEEN SERVED 500 PIES.

Princess Sells Pudding at Communal Kitchen.

The Queen and her daughter saw the inside working of the communal feeding scheme which will enable the Borough of Hammersmith to provide 40,000 dinners a day, should that ever be necessary. At present 7,000 dinners are being served every day, and the royal visitors watched the preparation of the batch in the central kitchen in Lime-grove, and later helped to serve out savory pies, puddings, soup and baked potatoes at one of the nine district depots at which the food is sold.

Becklow road depot was the one chosen for demonstration to the Queen of the merits of the central kitchen method. Her Majesty took a great interest in everything, and had under her especial care the meat pies, for which pink 3d. tickets were exchanged. Princess Mary dealt with the popular penny blue tickets, which were worth a large portion of apple pudding or a helping of boked potatoes.

The chief difficulty with the Queen's customers was that most of them had forgotten to bring a receptacle for their purchases, or, in their embarassment, forgot to produce it.

One old lady held out a grubby apron. The Queen looked at it, and then gave the sound advice that the pie should be carried away in the hands, for preference. "You cannot carry a pie in a jug. I expect you were sent for soup," said the Queen to one small child, and to a jolly little sailor boy, who bowed prettily as he thanked her Majesty for his portion, she bowed and smiled in return. Before the visit was finished Queen Mary had distributed 500 pies, chiefly to the regular customers of the depot, of whom the majority are children.

THE CAUSE OF BACKACHE

Every muscle in the body needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back. This being the case pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for the blood than to give way to unreasonable alarm about your kidneys. If you suspect your Kidneys any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills.

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.

CAUGHT BY AN AVALANCHE.

Fortunate Escape When Rocky Mountain Cabin Was Buried.

During my stay with the miners in the San Juan Mountains, says Mr. Enos A. Mills in his book, The Rocky Mountain Wonderland, there was one very heavy storm that covered the mountains deep in snow.

"This cabin will never be caught by a snowslide!" said the prospector with whom I was spending the night. "I sized up the territory before building this cabin, and I've put it out of the range of slides."

That was encouraging, for during the afternoon, as I had come down from Alpine Pass on snowshoes, the peaks and slopes had loomed white and threateningly, overladen with snow. Avalanches would run riot during the next few hours, and the sliding might begin at any minute. Somewhat acquainted with the ways of slides, I lay awake in the cabin waiting to hear the muffled thunderstorm of sound that would proclaim that slides were "running."

The prospector was snoring before the first far-off thunder came to my ears. Things were moving. The rumbling swelled louder and louder. Then came an earthquake jar, closely followed by a violently explosive crash. A slide was upon us! A few seconds later tons of snow fell about the cabin. Although we escaped without a scratch, a heavy spruce pole, a harpoon flung by the slide, struck the cabin at an angle, piercing the roof and one of the walls.

The prospector was not frightened, but he was mad! Outwitted by a snowslide! That we were alive was no consolation to him. "Where on earth did the thing come from?" he kept repeating until daylight. The next morning we saw that to the depth of several feet about the cabin and on top of it were snow masses mixed with rock fragments, broken tree trunks and huge wood splinters.

The slide had started from a high peak a mile to the north of the cabin. For three quarters of a mile it had coasted down a slope at the bottom of which a gorge curved away toward the west; but so vast was the quantity of snow that the slide had filled and blocked the gorge with less than half of its mass. Over the snowy bridge thus formed the momentum carried the remainder straight across the gulch. Landing, it swept up a steep slope for three hundred feet and rammed the rocky ridge behind the cabin. The greater part of the debris lay scattered about the ridge. When I last looked back the prospector stood on this ridge surveying the scene and thinking.

THANKFUL MOTHERS

Mrs. Willie Theriault, Pacquetville, N.B., says:—"I am extremely thankful that I tried Baby's Own Tablets for my baby. Through their use baby thrived wonderfully and I feel as if I cannot recommend them too highly." Baby's Own Tablets break up colds and simple fevers; cure constipation, colic and indigestion and make teething easy. In fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE COST OF WAR IN BLOOD.

Twelve Hundred Million Victims During Thirty Centuries.

In the wars of the last thirty centuries about twelve hundred million persons have lost their lives.

The blood of these victims of human folly would fill a tank 780 feet high and covering four city blocks.

Beneath the Pont Neuf, at Paris, the River Seine flows at a rate of 100 cubic yards per second. If the stream were blood instead of water, fifty hours would be required for the passing of the quantity lost in the warfare of the last 3000 years.

Much of this blood—indeed, a very large part of it—has been shed in quarrels over religion. But mainly it has been poured out to dye the royal purple of the occupants of thrones. Silly Billy, the Crown Prince, told United States Ambassador Gerard that if war did not arrive before his father's death he meant to start one when he came to the throne, "just for the fun of it."

Battles in ancient times, when men fought with primitive weapons, seem to have been no less destructive of life than those of modern days. When the Germans of 2000 years ago (Teutones and Cimbri) were defeated by the Roman general Marius, 200,000 dead were left on the field.

Since then an average of 18,000,000 to 20,000,000 fighting men (not counting noncombatants) have been killed in European wars during every century.

This kind of foolishness has been going on long enough. The most important object that the Allies have in view to-day is to put a stop to it.

AN EXCELLENT SERVICE

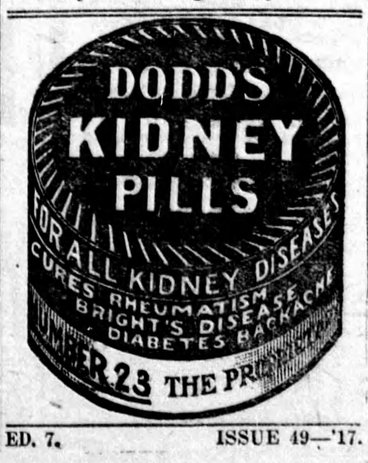
For the last two years the Canadian Pacific Railway, in connection with the Pacific steamers of the Canadian Pacific Ocean Services, has carried a very large proportion of the passengers from the United States to Russia, and as these passengers have included a great many American railroad men, who have been surprised at the excellence of the service, a remarkable volume of trade is developing, greatly to the benefit of Canada itself. Among these passengers was the American Railway Advisory Commission, consisting of the leading railway experts of the United States, who travelled from Chicago to Vancouver, and thence to Yokohama via the Empress of Asia. Mr. Henry Miller, vice-chairman of this highly important commission, has written Vice-President G. M. Bosworth a letter of deep appreciation, in which, after referring to many individual courtesies along the route, he remarks: "You have good reason to be proud of your organization and service, and we take this method of thanking you heartily for your kindness and courtesy."

Minard's Liniment Cures Distemper.

Aliens Clearing Farms.

Between 2,000 and 3,000 enemy aliens, Germans and Austrians, who make their headquarters at the Government Detention Camp, are engaged in clearing the land around Kapuskasing, 70 miles north of Cochrane. Here the new Dominion Experimental Farm and the settlement of the Ontario Government for her returned soldiers, many of whom are now being educated in the vocational training centres of the Military Hospitals Commission in the arts of tilling the soil, will be located.

War ought never to be accepted until it is forced upon us by the hand of necessity.—Sir Philip Sidney.



WANTED Box Sawyers and Box Makers

GOOD WAGES AND BONUS
FIRSTBROOK BROS., LTD.
283 King Street East, Toronto

Super-Energy.

Little Jane and Josephine were busily engaged in helping mother dry the dinner dishes.

"But, Jane, you didn't get that plate dry," objected her sister.

"Yes,, I did!" exclaimed Jane eagerly. "I dried it so hard that is perspired!"

Minard's Liniment Cures Garget in Cows

Quite So.

Miss Jones flung herself into an easy chair with a dejected air.

"I don't wonder that Professor Kidd is unpopular!" she remarked. "He has no tact!",

"How so, dear?" inquired her friend sympathetically.

"He asked me," replied the other acidly, "to buy a ticket for his lecture on 'Fools,' and when I bought it, the ticket was marked 'Admit One'!"

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 bottle. **Murine Eye Salve,** in Tubes 25c. For *Book of the Eye*—Free. Ask **Murine Eye Remedy Co., Chicago.**

Shoes For Crossing Desert.

Closely resembling wire baskets are the new sand shoes devised for the British troops who crossed the Sinai desert to fight the Turk in Palestine. By weaving a stiff network of heavy wire and attaching it to their shoes, says the Popular Science Monthly, they are able to travel over the finest desert sand without sinking ankle-deep in it. They adopted the principle of the snowshoe. It is said to be physically impossible for a man to walk over desert sand for more than two days with ordinary shoes. At the end of that time the toes and heels become painfully inflamed and the skin comes off.

I was cured of terrible lumbago by MINARD'S LINIMENT.
REV. WM. BROWN.

I was cured of a bad case of earache by MINARD'S LINIMENT.
MRS. S. KAULBACK.

I was cured of sensitive lungs by MINARD'S LINIMENT.
MRS. S. MASTERS.

It is very important to protect sheep from wet weather, although they can stand considerable cold.

Minard's Liniment Cures Diphtheria.

There are 300,000 beekeepers in the United States, and an annual production of honey to the value at $15,000,000.

YES! MAGICALLY!
CORNS LIFT OUT
WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.

It's Easy To Get Rid of Dandruff

Gently rub spots of dandruff, scales, itching and irritation with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. This treatment every two weeks is usually sufficient to keep the scalp clean and healthy.

Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U.S.A." Sold throughout the world

Mistaken Again.

During one of his campaigns a candidate for Parliament who prided himself on his memory for faces, met an influential voter whom he felt sure he remembered.

He shook hands with him very cordially, and asked about his father.

"Father is dead," said the voter.

"Why, yes. Yes, of course. I meant to ask how is your mother?"

"Mother died before father did."

"Well, well! How are you?"

A short time later the candidate met the young man again. After racking his brains he blurted out:

"And how is your father?"

"He's still dead," said the voter.

MONEY ORDERS

Dominion Express Foreign Cheques are accepted by Field Cashiers and Paymasters in France for their full face value. There is no better way to send money to the boys in the trenches.

Question of Quality.

O'Brien—Oi can say wan thing—Oi'm a self-made man.

Casey—Is it boastin' ye are or apologizin'?

Minard's Liniment Cures Colds, &c.

Are you going to do a kindly deed?
It is never too soon to begin;
Make haste, make haste, for the moments speed,
And the world, my dear one, has pressing need
Of your tender thought and your kindly deed.
It is never too soon to begin!

—Jean Blewett.

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and $1.00 Bottles. At drug stores. 5

AGENTS WANTED

PORTRAIT AGENTS WANTING good prints, finishing a specialty; frames and everything at lowest prices; quick service. United Art Co., 4 Brunswick Ave., Toronto.

PORTRAIT AGENTS—SEND FOR Catalogue, prints solar and bromide finished portraits, convex or flat; frames, glass and all supplies. Merchants' Portrait Company, Toronto.

PRODUCE

NEW LAID EGGS, POULTRY, PEAS, beans, honey, onions wanted. Highest prices given. J. D. Arsenault, 1195 St. Catharine East Montreal.

MISCELLANEOUS

"HEAVEN AND HELL"—Swedenborg's great work on a real world beyond and the life after death; 400 pages; only 25 cents postpaid. W. H. Law, 486D Euclid Avenue, Toronto.

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**

Relieves Stiff Neck

When you wake up with a stiff neck or sore muscles, strains or sprains, use Sloan's Liniment. No need to rub; it quickly penetrates to the seat of pain and removes it. Cleaner than mussy plasters or ointments. It does not stain the skin or clog the pores. Always have a bottle handy for rheumatic aches, neuralgia soreness, bruises and lame back. In fact, all external pain.

Generous sized bottles at your druggist, 25c., 50c., $1.00.

Sloan's Liniment KILLS PAIN

Tarring and feathering was once a legal punishment for theft. It is to be found in the statutes of both England and France about the time of the Crusades.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

THE

Hospital for Sick Children

College St., Toronto

ITS CHRISTMAS MESSAGE

Dear Mr. Editor:—

Thanks for your kindness in allowing me the privilege of appealing to your readers this Christmas time on behalf of the Hospital for Sick Children, the "Sweetest of all Charities," which has as its mission the care of the helpless, the sick, the crippled and the deformed.

There never was a year in the history of the Hospital when funds to carry on the work were more needed than now.

Your purse is the Hospital's Hope. Your money lights the candles of mercy on the Christmas trees of health that the Hospital plants along the troubled roadway of many a little life.

So I am asking you for aid, for the open purse of the Hospital's friend is the hope of the Hospital at Christmas, just as the open door of the Hospital's mercy is the hope of the little children throughout the year.

Calls on generous hearts are many in these times. Calls on the Hospital are many at all times, and especially when food and fuel and drugs and service costs are soaring high. YOU know the high cost of living. Do you know the high cost of healing—of helping the helpless to happiness? What you do to assist is the best investment you will ever make.

Do you realize what this charity is doing for sick children, not only of Toronto, but for all Ontario, for out of a total of 3,740 in-patients last year 646 came from 254 places outside of Toronto. The field of the Hospital's service covers the entire Province—from the Ottawa to the far-off Kenora—from the borders of the Great Lakes to the farthest northerly district.

The Hospital is doing a marvellous work. If you could see the children with crippled limbs, club feet, and other deformities, who have left the Hospital with straightened limbs and perfect correction, your response to our appeal would be instant. In the Orthopedic Departments last year a total of 330 in-patients were treated; and in the Out-Patient Department there were 1,946 attendances.

Let your money and the Hospital's mercy lift the burden of misery that curses the lives, cripples the limbs and saddens the mothers of the suffering little children.

Money mobilizes the powers of help and healing for the Hospital's drive day and night against the trenches where disease and pain and death assail the lives of the little ones.

Remember that every dollar given to the Hospital is a dollar subscribed to the Liberty Loan that opens the prisons of pain and the Bastilles of disease, and sets little children free to breathe the pure air, and to rejoice in the mercy of God's sunlight.

Will you send a dollar, or more if you can, to Douglas Davidson, Secretary-Treasurer, or

J. ROSS ROBERTSON,
Chairman of the Board of Trustees.

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